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## CREATINE

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SHANNAH BAKER

+

**2014 FITNESS AMERICA<sup>™</sup> WEEKEND**  
**AUSSIES BRING HOME GOLD FROM VEGAS**

INTERVIEW WITH COVER MODEL RENEE BRADY...

+ STAR PROFILE ON MUSCLEMANIA<sup>®</sup> WORLD CHAMPION  
MARINUS VAN STOLK + IN THE SPOTLIGHT WITH TRISS CLARK

COVER  
MODELS  
RENEE BRADY  
& TONY STRUGAR

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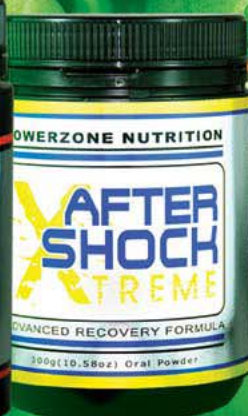


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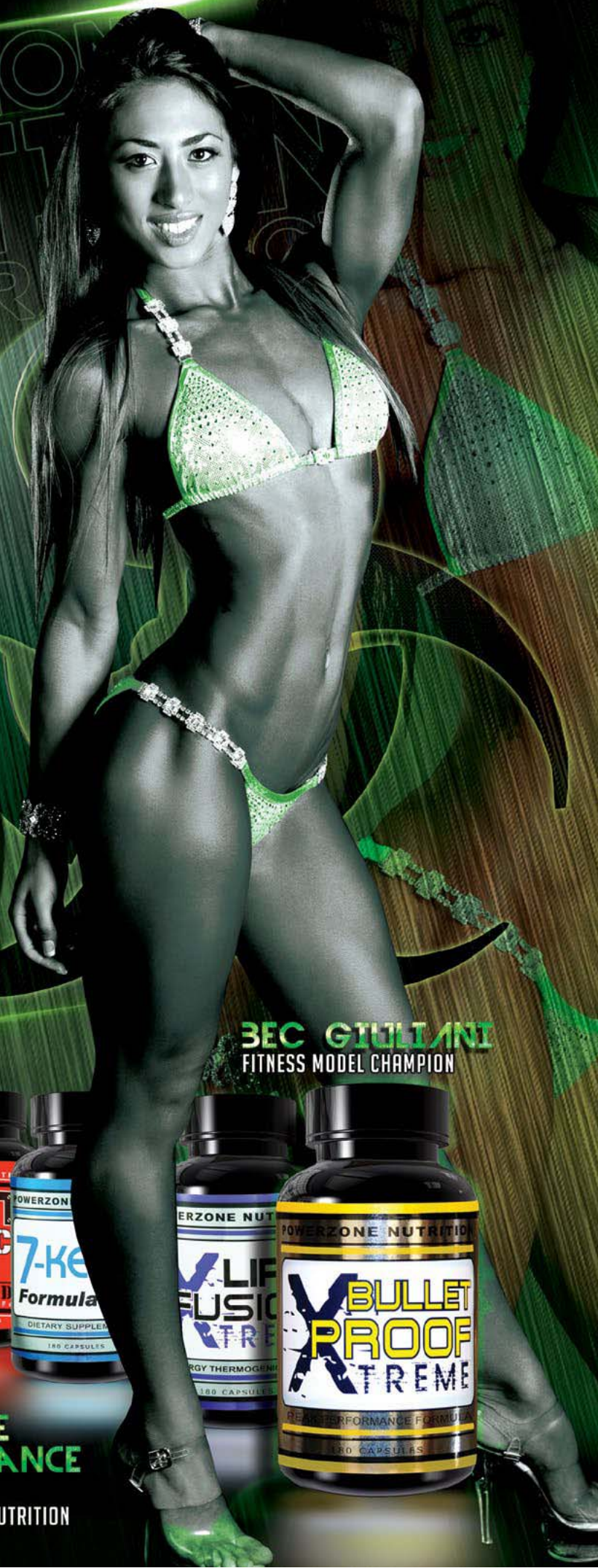




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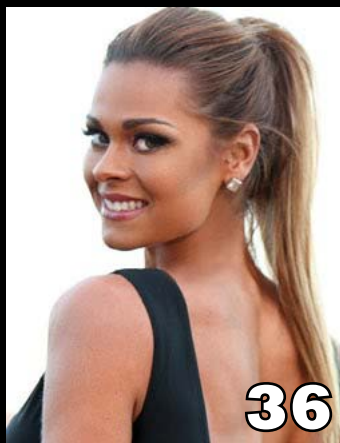
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Australian Natural Bodz Magazine

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Steve Jones Editor / CEO  
Australian Natural Bodz

## EDITORS MESSAGE



# Federation Follies!

If you are involved in the world of competitive bodybuilding & fitness events you will have no doubt heard the word "Federation" come up in conversation. "What Federation do you belong to or compete in" is often heard when the topic of Bodybuilding and Fitness events come up.

In most instances its used rather frivolously with no real understanding of what the word "Federation" actually means or stands for!

Let me first provide the true meaning of the word "Federation" according to Wikipedia.

A federation (from Latin: foedus, gen.: foederis, "covenant"), also known as a federal state, is a **political entity** characterized by a union of partially self-governing states or regions under a central (federal) government. Ok, notice I highlighted the key words **Political Entity** and I did this for a reason.

Bodybuilders and Fitness athletes are supposedly competing in events judged "Purely" on merit, or the level of physique development, conditioning and overall presentation that the athletes brings to the stage on THAT given day. Based on the above is the word "Federation" fitting for Bodybuilding and Fitness Competitions?

Politics certainly have NO place when it comes to "judging" a Bodybuilding or Fitness event. It should be judged purely on merit alone. Its common knowledge.... Many of the so called "Federations" in Bodybuilding and Fitness are quite open about their events rewarding "Loyalty". Interesting, and proof that "Politics" are coming into the equation.

In some instances certain "Federations" have what they call "Preferred Trainers". Now what does that mean? Does it mean "IF" you are "Not" being trained by a preferred trainer you will not be looked upon in the same light by the judges? In all honesty the whole preferred trainer thing does not sit well. It should be totally irrelevant and not even be present in any shape or form as it should not matter who you are trained by. You could train yourself at home, or in the park, or in your mates garage... Who cares? What matters is how you look on the day of the show - One word -MERIT!

A message to trainers preparing athletes for shows. Do you want your athletes to win based on merit or because you are a preferred trainer? How you answer this question is clear judgement of your training skills and the expertise you have when it comes to preparing athletes for the stage.

Jumping back to another word used in combination with the word federation - This being "Loyalty". The big question that needs to be answered is... What are these so called "Federations" doing to deserve "Loyalty" from competitors?

In most instances the answer is "Zippo" a big nothing. Competitors are in fact paying customers, they pay an entry and a membership fee to compete. You would hope that these fees include being judged on "Merit" and not by "politics" or how Loyal the competitor has been!

Are these Federations investing anything back into the growth of the sport or are they providing any "funded" travel opportunities or further opportunities to gain media exposure? From my observations the answer is no. Where do the membership fees go? Is it being used to

assist athletes with travel and accommodation? What happens after the show, is there any ongoing promotion of athletes?

Time and time again I see athletes win shows only having to run a "Fund Raiser" on social media to scrape some pennies together to compete in their so called Federation's World Titles!

The point of this message is to stress the term Federation, Organization, Association mean very little in the Competitive Bodybuilding and Fitness world. Especially when politics and favouritism fall into play. Competitions should be judged solely on "Merit" alone, not Loyalty.

It should not matter where you train, who your trainer is or who you know. All competitors should feel confident and secure in the fact that when they step on stage they will win for all the right reasons. Loyalty is something that has to be earned by the event promoter, based on the quality of the show, the opportunities up for grabs and the ongoing support of athletes.

As an ex competitor myself and an event promoter for the Asia Pacific International and Musclemania® Australia I welcome ALL natural competitors to our events. I don't care who your trainer is, or where you train, you will be judged purely on Merit and each an every competitor will be in the running to receive funded travel and accommodation to compete in Las Vegas, along with the chance to appear as a Cover Model or feature in our magazine.

We are now in the year 2015, we are not back in the 80's. It's time to drop the them against us mind set and look at the bigger picture. Competitions have changed, there is no room for dictating and politics. The focus should be on providing competitors with top quality shows, solid judging and opportunities for athletes to further their careers. Opportunities like this are what inspire future competitors, which benefit the industry on a whole.

Yours in health and fitness

Steve Jones

Editor

Natural Bodz Magazine



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# THE GOLD COAST HEATS UP FOR THE 2015 ASIA PACIFIC EVENT

The 2015 Australian Natural Bodz **Asia Pacific International Championships** is primed and ready to turn up the heat with a host of incredible competitors from every state in Australia joining international athletes making the journey from the USA, Korea, Singapore, Japan, New Zealand and Indonesia! Yes indeed this going to be an international showcase of the finest talent within the Natural Bodybuilding and Fitness Industry, bringing their all time best to the world class stage at the Robina Main Auditorium over the 6-8th June.

There have been a few changes to the event from 2015. As of 2015 ANB Asia Pacific Event is officially now an independent show run under the Australian Natural Magazine banner and has no association with the former Federation. Still run 100% under the supervision and administration of **Steve and Antonietta Jones** the show that people have come to know and love to be apart of will be even better in 2015.

Since the inception of the ANB Asia Pacific International Championships in 2009 this event has always been run and funded 100% by Australian Natural Bodz Magazine with the support of event sponsors. From the promotions to the presentation of this event, the world class stage to the world class trophies, from the endless international exposure to the FUNDING of **International travel** for athletes to the **Fitness America™ Weekend** in Las Vegas since 2010, this has been entirely provided by Australian Natural Bodz Magazine and will continue in 2015 going forward.

Secondly and since our last issue where we mentioned the introduction and addition of several **new categories** and classes, in addition to those previously mentioned we are also adding a **Figure International Category** to bring the event in line with International category standards. A full list of categories and classes on offer can be found at [www.anbasiapacific.com](http://www.anbasiapacific.com), although to summarise the 2015 additions they are: Men's Physique (Junior/Novice/Open Classes), Bikini Model Junior/Novice/Classic and Junior/Novice Male and Female Fitness Model Classes in addition to the existing Classes.

Those that follow our event and Australian Natural Bodz Magazine know that we invest countless hours promoting athletes both prior to and after event. As ex competitors we understand the needs of an athlete and it goes without saying everyone likes to be recognized for their achievements.

Three key words personify the essence of the Asia Pacific International. **Opportunities - Exposure - Recognition.** Three very important words for all involved in the Bodybuilding, Figure, Physique and Fitness Industry. It is evident when visiting Australian Natural Bodz Magazine [www.naturalbodz.com](http://www.naturalbodz.com), all the front covers, athlete profiles, editorials and features articles you not only recognize the amazing athletes we have featured throughout but the passion we have for the Natural Bodybuilding, Figure, Physique and Fitness Industry which no one can dispute.

We look forward to welcoming you in June as we bring yet another world class event to the Gold Coast Stage. We invite all registered competitors to take part in our **Natural Bodz Professional Photo shoot** where we capture images for future Covers, Star Profiles and our 2016 Sports Model International Calendar.

For all information related to the 2015 Australian Natural Bodz Asia Pacific International visit the official website [www.anbasiapacific.com](http://www.anbasiapacific.com) and our official Fanpage at [www.facebook.com/anbasiapacific](https://www.facebook.com/anbasiapacific)

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This section is to keep everyone within the industry up to date with all the latest news and gossip, if you have some hot news off the press please let us know. Send any news submissions to: [editor@naturalbodzmagazine.com](mailto:editor@naturalbodzmagazine.com)

## WHO WILL BE HEADING TO VEGAS IN 2015?

**E**xciting times ahead for a group of lucky athletes to be selected from the 2015 Asia Pacific International hosted by Australian Natural Bodz Magazine.

The 2015 Team will be selected from the incredible line up of Natural Bodybuilders, Figure, Bikini, Physique and Fitness Models due to hit the stage over the Queens Birthday long weekend over the 6-8th June.

Australian Natural Bodz Magazine has been providing funding for international travel and accommodation since 2010 for athletes to compete in the prestigious Fitness America™ Weekend in Las Vegas. 2014 saw an incredible team of 20+ athletes make the journey and bring back top honours across an array of categories. Event Promoter Steve Jones said "Each and every year I am totally amazed at the quality of the athletes that the Asia Pacific attracts and we are looking forward to selecting yet another winning team in 2015".

The opportunities that the Asia Pacific offers don't just end there. All registered competitors are invited to take part in a professional Photo shoot on the 6th June where they have the opportunity to become the next Natural Bodz Cover model or feature Star Profile athlete.

Steve went on to say "The Asia Pacific is an event dedicated to the true stars of the show - the athletes, and the Media exposure and travel opportunities are open to all including those competing in the new novice, and junior categories". Event Co-ordinator Antonietta Jones said "Australian Natural Bodz is one of the few events in Australasia to offer all of these exciting opportunities, we pride ourselves on presenting a world class stage, world class trophies and awards and on going media exposure well after the event is over".

Visit [www.anbasiapacific.com](http://www.anbasiapacific.com) for event information  
You can also follow the event on [Facebook.com/anbasiapacific](https://www.facebook.com/anbasiapacific)



## NEW CATEGORIES FOR MUSCLEMANIA AUSTRALIA IN 2015

2015 will see the introduction of some popular new categories in Musclemania Australia, including Junior and Novice in Ms. Bikini, Mens Physique and Model Australia as well as Muscle Model division and Novice divisions added to the Figure Australia Category.

These additions will provide an avenue for younger competitors and new comers to not only experience the excitement of being part of an amazing show, they too will be presented with the same opportunities where top 3 in each respective class will qualify for the Fitness America™ Weekend in Las Vegas.

The 2014 Musclemania Australia event produced several Champions that went on to take top placings in the 2014 Fitness America /Musclemania® World Championships in Las Vegas.

The 2015 Musclemania Australia event is set for another line up of world class competitors with all the action taking place over **18-19 September** on Queensland's Gold Coast. Be sure to get amongst it and witness yet another truly inspiring showcase of Natural talent.

For more information on Musclemania Australia visit [www.musclemaniaaustralia.com](http://www.musclemaniaaustralia.com)  
[Facebook.com/musclemaniaau](https://www.facebook.com/musclemaniaau)



## THIS ISSUE'S COVER MODELS

**W**e pride ourselves on spotting talent within the health and fitness industry and featuring the talent on the front covers of our magazine. This issue is certainly no exception with two of the most accomplished Fitness Athletes in the industry **Renee Brady** and **Tony Strugar**.

Renee had a huge year in 2014 winning multiple titles in the **Asia Pacific International** including 1st place in both the Fitness Model and Bikini Model categories. Renee was selected to join the 2014 Natural Bodz Team to compete in the Fitness America™ Weekend in Las Vegas where she once again backed up multi-title wins in both Model America™ and was crowned the first ever Bikini America™ Pro Champion.

Renee has also featured as a Star Profile athlete in Natural Bodz Magazine and now has her own Personal Trainer business

where she focuses on body transformations and contest preparation. (See feature interview in this issue for more details).

Tony Strugar has also won back to back titles in the Asia Pacific International across Fitness Model categories. His most recent success includes his class win in the Model Australia™ plus taking out the Overall Model Australia™ Class at the 2014 **Musclemania Australia** on the Gold Coast.

Both of these inspirational athletes are an example of the incredible talent that these two events attract. If you are looking to make your mark within the fitness industry and gain International Media exposure be sure to take part in our official media day **Cover Model shoots** open to all competitors of a Natural Bodz Magazine hosted events.





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## AUSTRALIA WINS TEAM CHAMPIONSHIPS AT 2014 FITNESS AMERICA™ WEEKEND IN VEGAS

2014 saw the biggest **Natural Bodz Australia Team** in history take part in the prestigious **Fitness America™ Weekend** in Las Vegas. Twenty three athletes competed across Bodybuilding, Figure, Model, Physique and Bikini categories in the massive event that attracted over 700 of the finest natural athletes from across the globe.

Each year a Team Award is announced based on the accrued points of the competitors that make up that given team. This year Australia smashed the Team Championships with huge points accrued from a number of Victories and top 5 placings across most of the popular categories taking 1st and 2nd place in the Team Championships.

**Shannah Baker** of Queensland took first place in the Bikini America™ Medium Class and went on to take out the Overall Title. **Alannah Wolff** took first place in the Bikini America™ Tall Class adding to the points tally. **Rob Quatro** and **Marinus Van Stolk** took out first place in their respective Classes, with Marinus proceeding to take out the Overall Musclemania® Amateur World Title.

**Renee Brady** of Newcastle stormed the stage and earned the team some huge points by taking out the Model America™ Sports Class and then also capture first place in the first ever Bikini America™ Pro Division!

The awards and points just kept coming with top 5 placings from several other team members. The Australian Team was on fire and this was a true testament to the quality of the athletes that made up this years team. (Full Report on page 40 of this issue.)

The event was by far the biggest in history with over 700 top caliber athletes, this made the victories so much sweeter knowing that our team were standing up there on that Vegas stage with line ups of well over 150 athletes!

A big congratulations has to go out to all the team members,

their family and friends that traveled alongside them throughout the journey and made the trip not only a successful one, but a very memorable and enjoyable one for all involved.

Steve Jones said "We are incredibly proud to be able to provide this opportunity to athletes, and to witness and share their success is always an amazing experience for both Antonietta and I. We are looking forward to doing it all again with the 2015 Natural Bodz Australia Team".

Who will be part of the team heading to Vegas with Natural Bodz? Take part in the Australian Natural Bodz **Asia Pacific International** in June and also the 2015 **Musclemania® Australia** to be held in September on Queensland's Gold Coast.



## NATURAL BODZ GOES GLOBAL

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Our goal from day one has been to provide major international exposure for athletes featured either as Cover Models, featured athletes, editorial contributors. Spreading the word at a global level about the amazing benefits that the Natural Bodybuilding and Fitness Lifestyle has to offer.

We would like to pay a heart felt thank you to all those that support our magazine, the events that we host and rest assured we are as passionate as ever about continuing our mission in the health and fitness industry.

2015 is looking to be an exciting year of opportunities...

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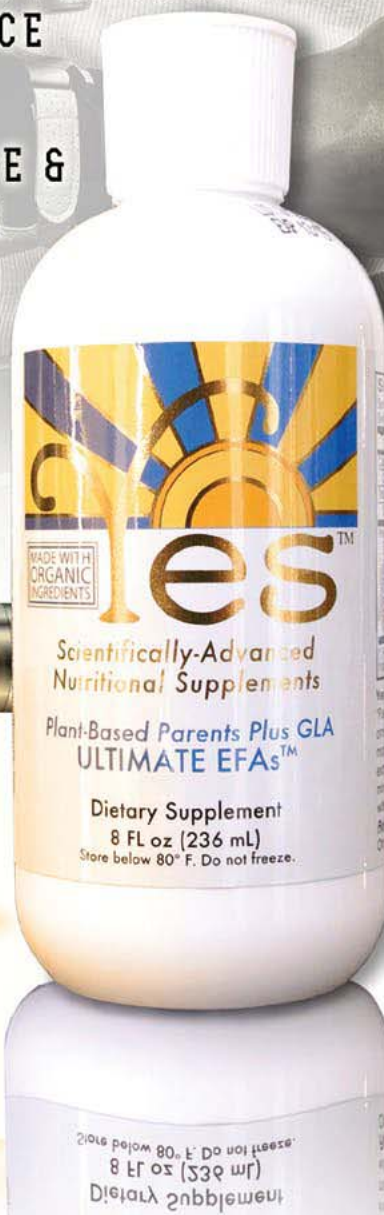
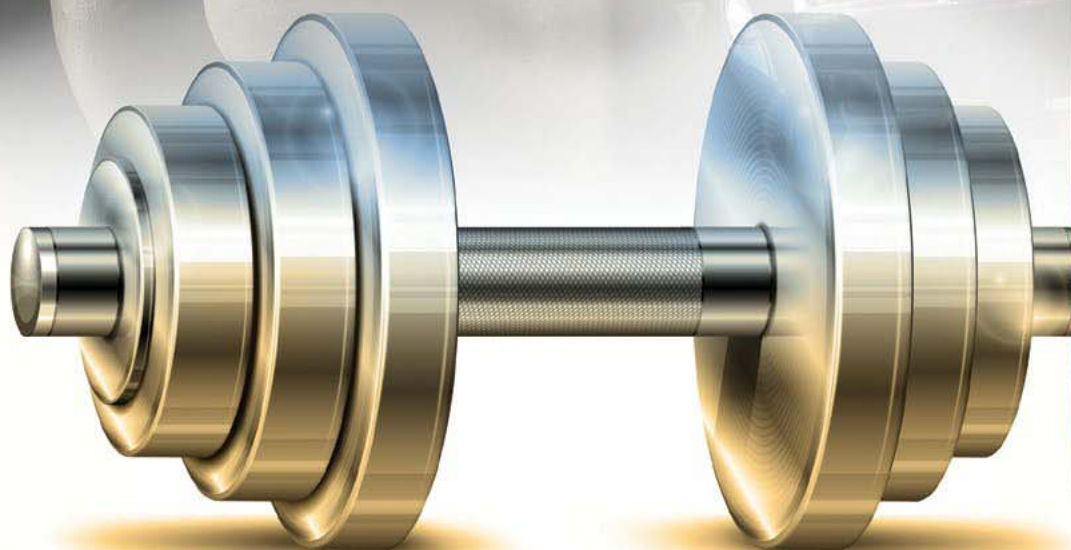
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# VITAMIN C BOOSTS TESTOSTERONE

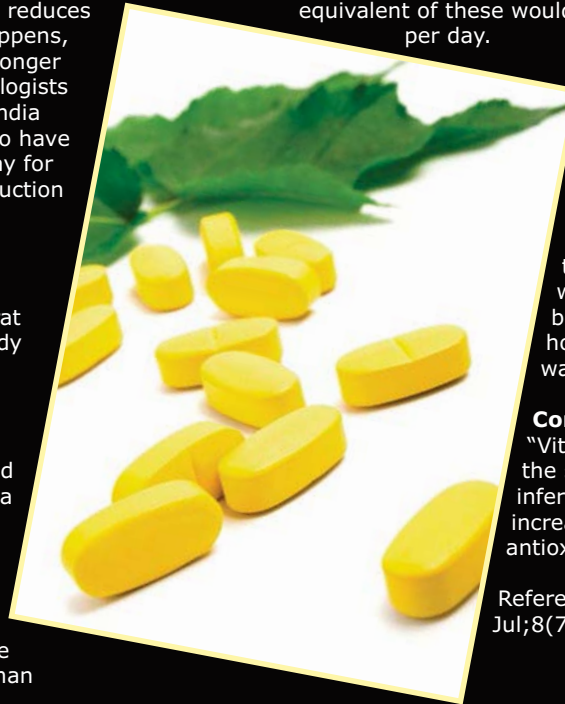
**P**erforming endurance sports reduces testosterone levels. This happens, for example, if you run for longer than 45 minutes. Pharmacologists at the BJ Govt Medical College in India did an animal study which seems to have uncovered a surprisingly simple way for endurance athletes to limit the reduction in their testosterone level: supplementation with vitamin C.

## Vitamin C and testosterone

Ten years ago researchers from First University published an animal study in which a megadose of vitamin C boosted testosterone levels. [Theriogenology. 2005 Apr 15;63(7):2063-72.] Converting the figures, an adult human would need 3 to 7 g vitamin C a day to induce a modest rise in testosterone level.

In the animal study that the Indian researchers published in the Journal of Clinical and Diagnostic Research male rats were given less extreme doses. The human

equivalent of these would be about 140, 280 and 420 mg per day.



The researchers got rats to swim to the point of exhaustion on 15 consecutive days [Exercise; Stress]. Some of the lab animals did not swim [Normal]. Testosterone level The fortnight of physical exertion lowered the rats' testosterone level. When the rats were given vitamin C 30 minutes before they started swimming, however, the decrease in testosterone was less.

## Conclusion

"Vitamin C supplementation improves the stress induced reproductive infertility possibly mediated through an increase in testosterone and an antioxidant effect", the researchers write.

Reference: J Clin Diagn Res. 2014 Jul;8(7):HC05-8.

# SUGARY SOFT DRINKS MAY ACCELERATE CELL AGING

**T**elomeres are the end caps of chromosomes, protecting the DNA complexes from deterioration during cell division. Telomere shortening is considered a marker of cellular aging, and prematurely shortened telomeres have been linked to increased risk of cancers, heart disease, dementia and death.

Elissa Epel, from the University of California/San Diego (UCSD; California, USA), and colleagues analyzed data collected on 5,309 US adults, ages 20 to 65 years, with no history of diabetes or cardiovascular disease, enrolled in the National Health and Nutrition Examination Surveys: 1999 to 2002. The researchers observed shorter telomere length in the white blood cells of survey participants who reported drinking more soda.

The average sugar-sweetened soda consumption for all survey participants was 12 ounces. Based on the way telomere length shortens on average with chronological age, the team calculated that daily consumption of a 20-ounce soda was associated with 4.6 years of additional biological aging. The study authors write that: "Regular consumption of sugar-sweetened sodas might influence metabolic disease development through accelerated cell aging."

Interesting study, I guess we are safer drinking the sugar

free versions...but then again, are we?

I hedge my bets on the sugar free versions as the research I have seen on the damaging effects of sugar are quite horrific.

**Reference:** Leung CW, Laraia BA, Needham BL, Rehkopf DH, Adler NE, Lin J, Blackburn EH, Epel ES. "Soda and cell aging: associations between sugar-sweetened beverage consumption and leukocyte telomere length in healthy adults from the national health and nutrition examination surveys." Am J Public Health. 2014 Dec;104(12):2425-31.





# HYDRATED BODY BURNS MORE FAT

In a somewhat older study researchers raised liquid levels in their test subjects and measured the effect on their metabolism. The subjects' burned more fat and less proteins. It sounds impossible, but water is anabolic.

The researchers dehydrated their test subjects by giving them a salt solution. The salt drew the water out of their cells. The researchers imitated the effect of a high liquid level by introducing water, and used a hormone to reduce the amount of liquid lost through the urine.

The scientists studied the effect of liquid on the release of fats from the fat cells, so that the body can burn them. The concentration of glycerol in the body rises as the fat cells release more fatty acids.

The 'hypo-osmolality study' showed what happened in the bodies of the completely hydrated test subjects.

The effect of an increased level of liquid on protein burning. Hypo = hydrated cells, hyper = dehydrated cells, iso = control group. The researchers measured the breakdown of protein via the oxidation of the amino acid leucine.

The conclusion: fat cells that are saturated with water release fats more easily; muscle cells that are full of water save proteins. Water is a perfect anabolic.

Reference: Eur J Clin Nutr. 2003 Dec;57 Suppl 2:S69-74.

## GO BANANAS & LIVE LONGER

Potassium, found abundantly in bananas, is a mineral for which previous studies suggest is effective at lowering blood pressure. The US Department of Agriculture recommends that women consume at least 4,700 mg of potassium daily. Data analysis from a recent study revealed that women who ate the most potassium were 12% less likely to suffer stroke in general and 16% less likely to suffer an ischemic stroke, as compared to those women who ate the least.



Bananas are naturally high in potassium and loaded with natural fiber. Time to go Bananas!

Reference:  
"Potassium Intake and Risk of Stroke in Women With Hypertension and Non hypertension in the Women's Health Initiative."  
Stroke, September 4, 2014.



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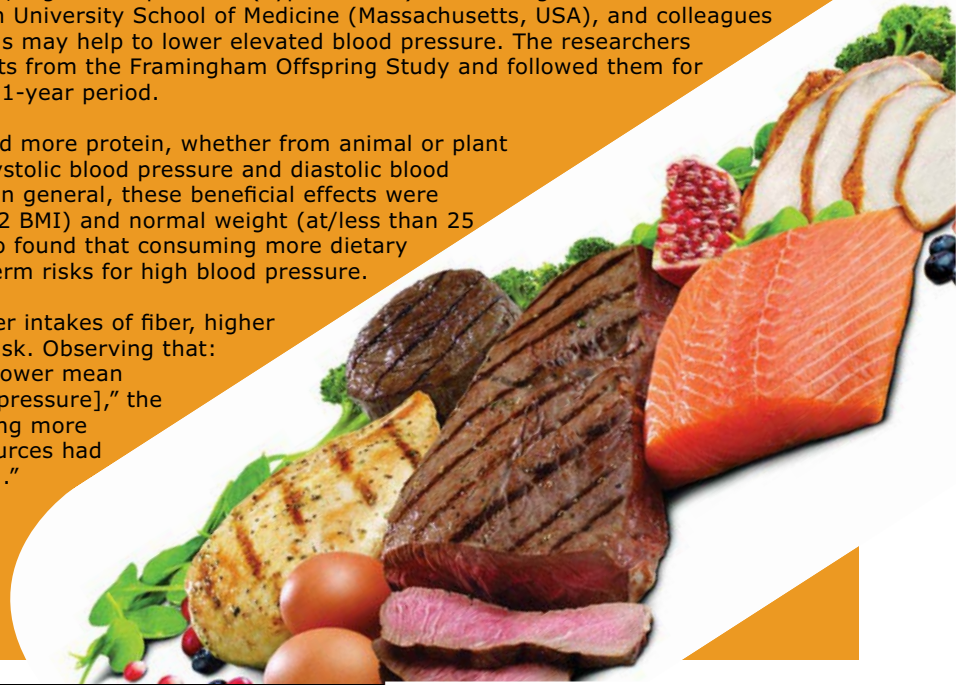
# PROTEIN FOODS MAY HELP LOWER BLOOD PRESSURE

One of the most common risk factors of stroke and an accelerator of multiple forms of heart disease, especially when paired with excess body weight, high blood pressure (hypertension) is a leading chronic health concern worldwide. Lynn Moore, from Boston University School of Medicine (Massachusetts, USA), and colleagues report that a diet rich in protein foods may help to lower elevated blood pressure. The researchers analyzed protein intakes of healthy participants from the Framingham Offspring Study and followed them for development of high blood pressure over an 11-year period.

Data revealed that those adults who consumed more protein, whether from animal or plant sources, had statistically significantly lower systolic blood pressure and diastolic blood pressure levels after four years of follow-up. In general, these beneficial effects were evident for both overweight (at/over 25 kg/m<sup>2</sup> BMI) and normal weight (at/less than 25 kg/m<sup>2</sup> BMI) individuals. The investigators also found that consuming more dietary protein also was associated with lower long-term risks for high blood pressure.

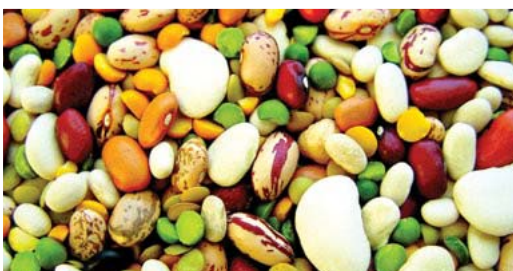
When the diet also was characterized by higher intakes of fiber, higher protein intakes led to 40–60% reductions in risk. Observing that: "Higher protein intakes were associated with lower mean [systolic blood pressure] and [diastolic blood pressure]," the study authors conclude that: "Adults consuming more dietary protein from either plant or animal sources had lower long-term risks of [high blood pressure]."

Ref: Buendia JR, Bradlee ML, Singer MR, Moore LL. "Diets Higher in Protein Predict Lower High Blood Pressure Risk in Framingham Offspring Study Adults." Am J Hypertens. 2014 Sep 6. pii: hpu157.



## Cocoa lightens exercise load for heart

Athletes who take a portion of cocoa two hours before training or a competition reduce the impact of their exertions on their heart and blood vessels. That's the message reading between the lines of a human study carried out by nutritionists at the University of South Australia, which was published in the British Journal of Nutrition. The phenols in cocoa make the blood vessels more supple and reduce the increase in blood pressure that occurs with physical exercise. Try adding a teaspoon of pure cocoa powder to your morning coffee.



## Bean & Peas For Weight Management

Beans, peas, chickpeas and lentils have a low glycemic index, and can serve to replace animal protein and trans-fats in the diet. John Sievenpiper, from St. Michael's Hospital (Canada), and colleagues completed a meta-analysis of nine clinical trials involving 126 subjects, assessing self-reported levels of fullness (satiety) when consuming a diet including beans, peas, chickpeas or lentils. Data analysis revealed that one serving daily of beans, peas, chickpeas or lentils can increase fullness.

## Fish Fights Off Cancer

James J. DiNicolantonio, from Saint Luke's Hospital (Missouri, USA), and colleagues observe that an ample dietary intake of omega-3 fats -- the type prominent in fatty fish -- could help fight off cancer. The investigators report that it is not only the amount of fish consumed daily, but also the nature of this fish, and how it is preserved or cooked, that can have a major impact on the potential of dietary fish to lower cancer risk. Time to up the fresh salmon intake!

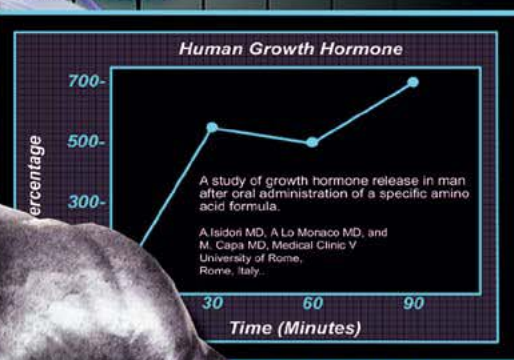




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# SUGAR BAD FOR YOUR MEMORY

**R**esults of a study conducted at the University of Southern California (USC) has shown that adolescent rats that freely consumed large quantities of liquid solutions containing sugar or high-fructose corn syrup (HFCS) in concentrations comparable to popular sugar-sweetened beverages experienced memory problems and brain inflammation, and became pre-diabetic.

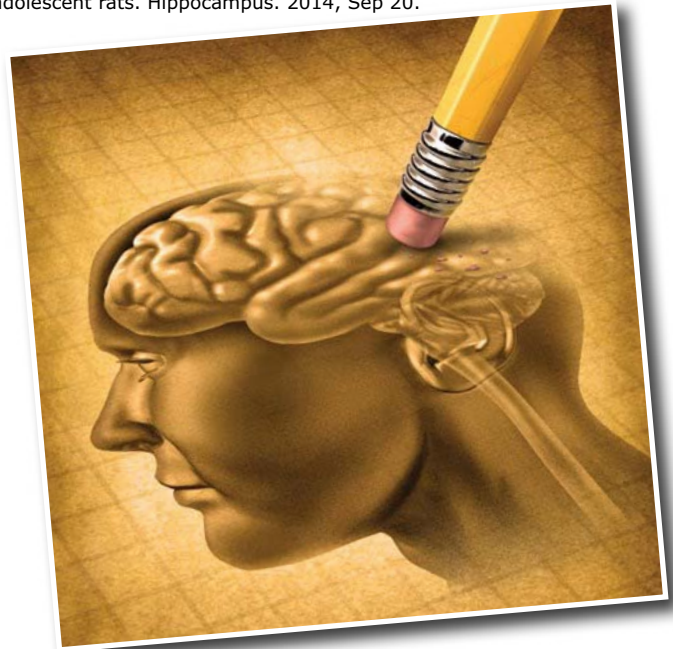
Scott Kanoski, an assistant professor at USC's Dornsife College of Letters, Arts and Sciences, and colleagues investigated the effects of sugar and HFCS on 76 rats. Adolescent or adult male rats were given 30-day access to chow, water, and either (1) 11% sucrose solution, (2) 11% HFCS solution, or (3) an extra bottle of water (control). Approximately 35-40% of the rats' daily calories were obtained from sugar or HFCS. The rats then underwent a series of tests.

Results showed that in adolescent rats, HFCS intake impaired hippocampal-dependent spatial learning and memory in a Barne's maze, whilst moderate learning impairment was also observed in the rats in the sucrose group. Further investigation revealed that protein expression of the pro-inflammatory cytokines interleukin 6 and interleukin 1 $\beta$  was increased in the hippocampus of the adolescent rats fed HFCS, while liver interleukin 1 $\beta$  and plasma insulin levels were elevated in both adolescent-exposed sugar groups.

On the other hand, intake of HFCS or sucrose in adults did not impact spatial learning, glucose tolerance, or neuroinflammatory markers. "The brain is especially vulnerable to dietary influences during critical periods of development, like adolescence," said Kanoski, "Consuming a

diet high in added sugars not only can lead to weight gain and metabolic disturbances, but can also negatively impact our neural functioning and cognitive ability." Basically excess sugar makes us a whole lot dumber!

Reference: Hsu TM, Konanur VR, Taing L, Usui R, Kayser BD, Goran MI, Kanoski SE. Effects of sucrose and high fructose corn syrup consumption on spatial memory function and hippocampal neuroinflammation in adolescent rats. *Hippocampus*. 2014, Sep 20.



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# POMEGRANATE BOOSTS FERTILITY & TESTOSTERONE

**A** not even wildly high dose of pomegranate extract can make men more fertile, and may even boost the concentration of testosterone in their blood. It's possible to draw this conclusion from an animal study that researchers at King Faisal University in the Kingdom of Saudi Arabia published in the Asian Pacific Journal of Tropical Biomedicine.

Pomegranate contains compounds that, in animal studies at least, seem to boost the testosterone level. Substances found in pomegranate, such as vitamin C, ellagic acid and punicalagins, probably stimulate the concentration of endogenous antioxidants in the testes, as a result of which the synthesis of sperm, but also that of testosterone, can increase.

The researchers wanted to see for themselves whether pomegranate really could boost the production of sperm and testosterone. So they did an experiment with male rats, which were given an oral dose of olive oil [OO], black cumin oil [scientific name: *Nigella sativa*] [NSO] or an extract of pomegranate [PE] for a period of six weeks. A control group was given nothing [Control].

The researchers made their own pomegranate extract using ethanol. The human equivalent of the dose they used would be 1000 - 1500 mg extract per day. Although the effects of the supplementation on the testosterone levels were not significant, they were not negligible either. Pomegranate extract performed best and boosted the testosterone concentration by 22 percent.

All three, olive oil, *Nigella sativa* oil and pomegranate, improved the rats' sperm quality. Pomegranate, however, once again worked best.

As other studies have shown, pomegranate reduced the concentration of malondialdehyde [MDA] in the blood. The lower this is, the lesser the amount of damage caused to cell membranes by aggressive molecules. This is probably because pomegranate boosted the production of endogenous antioxidants such as glutathione [GSH], glutathione-peroxidase [GSH-Px] and catalase [CAT].

"Olive oil, *Nigella sativa* oil and Pomegranate extract could be used safely for treatment of male infertility resulted from excess oxidative free radicals accumulation in testicular tissues affecting the sperm quality and motility", the researchers conclude.

Reference: Asian Pac J Trop Biomed. 2013 Jul;3(7):563-8.



A vertical advertisement for Power Zone Nutrition. At the top is the brand logo 'POWER ZONE NUTRITION' with the tagline 'CONSIDERABLE PERFORMANCE'. Below the logo is a photo of a muscular woman, Kristina Angel, wearing a pink bikini and a black cap with the brand logo. Text next to her photo identifies her as 'KRISTINA ANGEL FIGURE &amp; FITNESS MODEL CHAMPION'. At the bottom of the ad are three bottles of supplements: 'HGH Formulation', 'XLIPO FUSION XTREME', and 'ALC Acetyl L Carnitine'. The bottom of the ad features the brand name 'POWERZONE NUTRITION' in large, bold letters, followed by the tagline 'PEAK PERFORMANCE UNLEASH YOUR TRUE POTENTIAL'. At the very bottom, contact information is provided: 'ORDER ONLINE OR CALL 0410 169 595 FOR ALL ENQUIRIES', 'FACEBOOK.COM/POWERZONENUTRITION', and 'WWW.POWERZONENUTRITION.COM'.



# IF IT FITS YOUR MACROS

# IIFYM

BY STEVE JONES





# THE PROS&CONS

**IF YOU HAD THE CHOICE OF EATING A BIG PLATE OF VEGETABLES OR ANYTHING ELSE YOU WANTED WITH THE PROMISE OF BOTH ACHIEVING A **LEAN RIPPED PHYSIQUE**, WHAT WOULD YOU CHOOSE?**

## **ENTER THE WORLD OF IIFYM....**

### **What Is IIFYM?**

IIFYM diets, which stands for "If It Fits Your Macros", is a popular trend that is followed by thousands of gym goers across the world. The million dollar question is... Does it work? Taking into consideration that trends are not always that good for us and are often followed by sheeple (those that follow because others follow).

The concept behind IIFYM is as long as your daily food intake meets your required macro-nutrient levels it does not really matter what those foods are. Now this is why IIFYM does not work for many people because some "coaches" not all, are advising their clients to do it all wrong!

In fact it's not that IIFYM does not work, it's how it is being presented and interpreted by some trainers and individuals that is the issue!

### **IIFYM confusion**

Thousands of people are making two BIG mistakes while following an IIFYM nutrition protocol. So let's cut through to the facts and try and eliminate some of the confusion behind IIFYM. The biggest mistake is believing that all foods are created equal, specifically carbohydrate foods as nothing could be further from the truth. In fact carbs as we all like to call them are always the Achilles' heel when it comes to achieving a leaner, more muscular physique.

A bag of crunchy potatoes chips is not equal to a whole potato. A glass of orange juice is not equal to a whole orange. I could go on and on with this and some coaches will take it to the extreme even suggesting half a pizza is equal to the carbs in a cup of brown rice! Sounds like a really appealing diet plan potato chips, pizza and anything else that fits your macros. But and there is one BIG but, and it may be your butt if you get suckered into believing that this will work for you!

### **Let's take a closer look**

Those that have some in-depth knowledge in nutrition will understand that not all foods or calories are created equal. Although there are still a few dieticians that believe a calorie is a calorie! But generally this type of dietician does not specialize in fine tuning the human body for the competitive stage, they are merely looking to help the average person lose weight. And it goes without saying most people that read our magazine don't fall into that average category.

You and I want to take our bodies to the next level and beyond, to get ripped, shredded and actually change our

entire body composition aka we want to build FFM (Fat free mass).

I will make it abundantly clear right now that if you are under the belief or have been told that you can achieve anything remotely close to the above while eating any type of food you are in for a great deal of disappointment.

### **Healthy Macros Matter**

Let me tell you straight, you will not get lean and ripped on pizza, fruit loops, candy bars. It just ain't going to happen, full stop. Your body is a highly advanced chemical processing factory that is designed to extract key nutrients from the food you eat and use it to provide energy, repair and build new cells, hormones, enzymes. Throwing in junk food just because it meets your macros is an insult to the human body, it's an amazing machine and deserves more than pizza and twinkie bars!

**Jordan Anderson**  
Fitness Model



**Photo By Natural Bodz**  
captured at the 2014  
Natural Bodz Media day.



# IF IT FITS ~~YOUR~~ MACROS PROS & CONS

**DON'T BE FOOLED BY RESULTS OF THOSE FOLLOWING A STRETCHED IIFYM WITH PIZZA, CHIPS AND CANDY IF THAT INDIVIDUAL IS BLESSED WITH GOD LIKE GENETICS!**

What really matters are where those macros come from. Clean, healthy food and foods that have a proven track record when it comes to getting ripped and shredded. As they old saying goes "don't try and re-invent the wheel". I have seen people establish macro goals of, say, 200 grams of carbohydrates per day and then eat a pizza every day which contains 190 grams of carbohydrates, then starve themselves of carbs for the rest of the day. That just ain't going to cut it and its simply a sad attempt at justifying bad eating habits. You put junk in, you get junk out and that's a fact.

How can you possibly compare 190gms of carbs from pizza to 190gms of whole grain brown rice! You can't but some feel that they can get away with it yet still get the same results as they would from eating the high fiber brown rice.

For sure macro nutrients are the foundation of a solid nutrition plan but its where those macros come from that really makes the difference. At the same time there are even distinct differences between what appear to be healthy foods. Certain types of carbs work better than others when it comes to achieving a lean muscular look. Even various types of protein foods work better for some than others.

**Jesse Taylor**  
Fitness Model



Photo By Natural Bodz  
captured at the 2014  
Natural Bodz Media day.

## Exception to the rule

Don't be fooled by results of those following a stretched IIFYM with pizza, chips and candy if that individual is blessed with god like genetics! They are a lucky few, and there are not too many as most folk fall into the 98% realm that have to pay attention to everything they eat. That lucky 2% can eat pizza, chips, drink coke and still look amazing. Please don't use these people as a bench mark or a success story for IIFYM. They are the minority. Using myself as an example, and I have been training for over 30 years. I can't eat what I like and get away with it...hell no. I have tried to at times but it comes back and bites me in the ass in the form of body fat in all the places I don't want it to be. Yes I have better than average genetics but even I can't get away with cheating myself into thinking I can eat anything and get results.

## And the Winner Is

If you have someone who is getting 200 grams of carbs mainly from good, wholesome foods versus someone who is getting it mainly from junk food, there is only going to be one winner when they take their shirt off. You should never try to fool yourself when it comes to nutrition because it will bite you hard in the end.

If you are preparing for a competition there is "NO ROOM" for kidding yourself because the last laugh will be on you when you hit the stage with sub-par conditioning. In fact I can tell when an athlete hits the stage if they have been on point with their food choices. In fact I feel sorry for





# ONE MISTAKE OFTEN MADE BY IIFYM FOLLOWERS IS PURELY FOCUSING ON THE MACRO NUTRIENTS AND NOT TAKING INTO CONSIDERATION THE IMPORTANCE OF MICRO NUTRIENTS.

some because I know they have been told what to do by a coach, trainer or someone that they have placed their trust into and probably paid considerable money to as well!

This is where its vital to seek advice from a coach or trainer that has a solid proven track record. Personally, and this is just me...I would not take advice on contest diet from someone that has never been ripped or in condition at some point in their career. That's just me, but there are many great coaches that have never competed yet still produce amazing results for their clients. These are the coaches that obviously have a clear understanding on pre contest nutrition. Each to their own, I prefer the live by example approach but that's purely my opinion.

## Don't forget the Micro nutrients

One mistake often made by IIFYM followers is purely focusing on the macro nutrients and not taking into consideration the importance of micro nutrients. Micro nutrients are vitamins and minerals that assist the absorption of your macro nutrients. Keep in mind most fruits and vegetables don't contain a great deal of Micro nutrients especially if they have been in cold storage for some time.

One way to ensure you are getting all the important micro nutrients is to supplement with a quality vitamin and mineral supplement. Ensure that the minerals are chelated or in a form that is bio available.

You may indeed be meeting your target macros of protein and carbs but if you are lacking in important vitamins and minerals the absorption of your macros could well be impaired. Balance is everything when it comes to nutrition, that's why we often hear the term "A balanced diet". It's hardly balanced if you are not covering all bases and this means macro and micro nutrients have to be on point.

## Do you need to count calories?

If I told you that you could choose between a handful of carrot sticks and two non-fat chocolate chip cookies, that each has the same number of

**Terry Dunnet**  
Fitness Model



**Photo By Natural Bodz**  
captured at the 2014  
Natural Bodz Media day.

calories and would have the exact same impact on your waistline, which would you choose? C'mon, be honest. We'd all pick the cookies. And if we listened to a lot of the messages out there about weight, then that would be the logical choice. After all, isn't it all about calories-in calories-out, regardless of where those calories came from?

The problem is, calories are just a tiny part of the story! The truth is. A calorie is not just a calorie. It's what your body does with that calorie that counts, and what determines this factor is the quality of the food.

Don't just take my word for it. A recent study published in The New England Journal of Medicine showed that "focusing on overall dietary quality—such as eating less refined sugars and refined grains and more minimally processed foods—is probably more important to long-term health than monitoring total calorie or fat intake or other nutritional markers." (Daniel Fromson, The Atlantic, 10 Foods That Drive Weight Gain and Loss Identified by Harvard)

We all understand that our bodies use some calories as energy and stores others as fat. But— it's not purely about numbers. A lot of it is about how the body uses specific fuels and the chemical reactions created from ingesting them. Lower-calorie foods that spike blood sugar levels and cause a surge in insulin will store more fat than higher-calorie foods that allow for a slower





# IF IT FITS **YOUR** MACROS **PROS & CONS**

## **LOWER-CALORIE FOODS THAT SPIKE BLOOD SUGAR LEVELS CREATE BLOOD SUGAR CRASHES, WHICH CAUSE POWERFUL CRAVINGS AND INSPIRE BINGING!**

energy release and do not spike insulin.

High-quality, nutrient dense foods that are higher-calorie actually satisfy you for longer, so you eat less overall. Lower-calorie foods that spike blood sugar levels create blood sugar crashes, which cause powerful cravings and inspire binging.

The digestion of fat triggers our satiation mechanism. This is why fat-free foods are so unsatisfying and we tend to eat more and more of them, looking for that feeling of fullness. Then we bring fiber into the equation. A food that is higher in fiber has more thermogenic value than a low fiber alternative. E.g eating a piece of fruit vs drinking a glass of fruit juice.

**Dell Farrell**  
Bikini/Fitness Model



**Photo By Natural Bodz**  
captured at the 2014  
Natural Bodz Media day.

The same rule applies to protein foods and their thermogenic effect. I know many young guys that smash down 6 whey protein shakes a day only to look soft and pudgy? Why. Liquid protein has no thermogenic value, your body does not have to work to break it down. Where is a chicken breast or steak requires energy to digest and therefore generates heat through thermogenesis.

You should enjoy your diet, but it shouldn't hijack your every waking thought. When your diet is a constantly evolving math equation of managing your calorie intake, it's impossible to think of much else besides solving that "problem."

### **What about the Lean Bulk?**

Mmmm, this one makes me laugh! It's the biggest oxymoron out there. How can you possibly have a lean bulk? Bulk is not pleasant to look at, it has no shape, no tone, looks sloppy. Why would you mix the words "lean" and "bulk" they are like opposite poles of a magnet. Lean Bulk is yet another term invented by the nutritionally challenged folk to justify getting fat and thinking they are still lean. It is technically impossible to have "lean bulk". Its non-sense.

You are either lean or you are bulky. Not lean and bulky! That's like saying you are thin and fat. Don't follow the sheeple that fall for lame nutritional fads that defy logic. Stick with proven and logical dietary methods that have worked for thousands across the globe.

### **The rundown**

Yes I am off on a little rant again, but that's my passion to help others avoid the pitfalls of the fitness industry. I want to see more folk get results from their efforts in and out of the gym. It frustrates the hell out of me to see people spin their wheels because they have fallen victim to fads and have joined the sheeple.

If you are an avid IIFYM follower make sure you abide by the nutritional rules. Don't kid yourself into thinking you can replace rice for pizzas. Don't become a robotic calorie counter that lives by numbers, your body is much smarter than that so you have to be equally as smart! Don't become a "Lean-Bulker" because this term is as mythical as the Unicorn.

Don't just focus on the macros because the devil is in the detail. Micro nutrients are necessary to hold everything together. As I have said in previous articles, think smart not big. Enjoy a cheat meal, but don't cheat yourself.

ED ~ Steve Jones



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ALWAYS BLACK AND **WHITE....**

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*Steve Jones*

Steve Jones  
CEO  
Powerzone Nutrition



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**BIRTH PLACE:** Perth, Western Australia.

**COUNTRY/STATE YOU LIVE:** Gold Coast, QLD

**HAIR COLOUR:** Black/Brown

**COLOUR EYES:** Blue

**HEIGHT:** 5"5

**ATTACHED/UNATTACHED**  
Married.

**DO YOU HAVE PETS?**  
Blue Staffy named Honey

**FAVOURITE CAR:**  
Range Rover Evoke

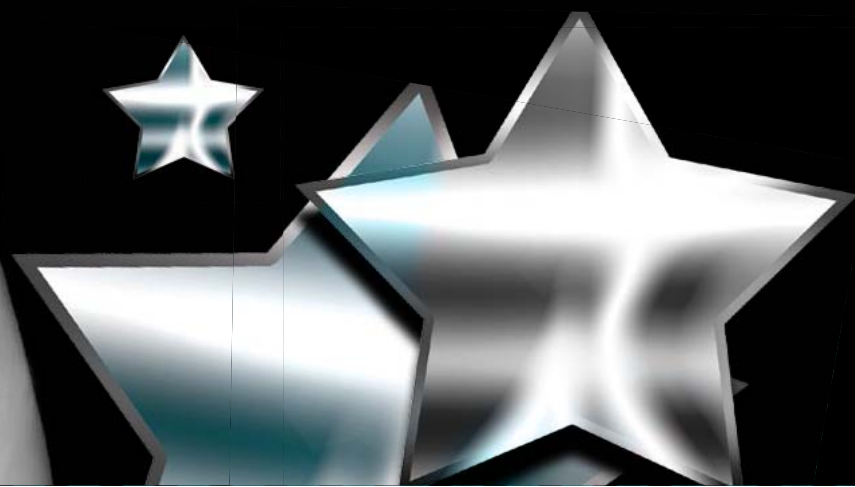
**FAVOURITE COLOUR:**  
Blue

**CONTEST/OFFSEASON WEIGHT:**  
57.5kg - 60-61kg

**OCCUPATION:**  
Front desk receptionist - QT Hotel

**HOBBIES/INTERESTS:**  
Gym, Horse riding, outdoor activities, photography

Photography by PS Steve Jones Images Captured at the 2014 Natural Bodz Media Day





# SHANNAH BAKER

## FITNESS MODEL

Photography by  
Steve Jones

**Thanks for taking the time to share your success with our readers and congratulations on your recent victories at the Asia Pacific International in June and your latest success winning the Bikini America™ at the Fitness America™ Weekend in Las Vegas.**

Thanks for having me, I couldn't have done it without all the support of my husband, Nana, family, friends and the incredible teams that put together such amazing shows!

**How did it feel to capture those two prestigious titles and add earn Pro Status is the prestigious Bikini Universe™ Pro ranks?**

I don't think it's a feeling you can really explain.. All at one time you feel happy, but you want to cry! You feel joy, excitement and really overwhelmed! Still to this day, I look back and think "wow, I really did win that!!"

**You were part of the amazingly successful Natural Bodz Team Australia competing at the Fitness America™ Weekend, describe in your words what it was like to travel with as a team and the overall experience of the journey and to top it off earning Bikini Universe™ Pro Status?**

Travelling with a team overseas was a first for me. It was incredible, Steve & Antonietta Jones are truly amazing, they have opened up so many doors for me and I'm so thankful for that! They always have time for you, no matter when or where. So professional yet are your best mates at the same time! It was great that we could all support each other, help each other and were all on the same wave length. Everyone knows the struggles, the highs and the lows! To be able to walk away with the title of Ms Bikini America was a dream come true and such an honour that I could not only represent Natural Bodz but I was there to represent my country as well!

**Where did the journey into Fitness and weight training begin for you and what was your inspiration to make it a part of your life?**

My fitness journey started in January of 2014.. I remember sitting on the couch, late October 2013 and watching the Olympia Bikini. Ashley K took it out and I was just in awe! I wanted to look like that... I often thought about competing but never thought I'd actually take the dive... my first competition was in April 2014 and I've never looked back!

**Do you feel that a lot of girls are scared of hitting the weights with the thought that they are going to get overly muscular, what are your thoughts on this topic?**

I think there are girls out there who may be scared of it, but ill be honest, I don't really hear it often. I surround myself with girls who are into the same thing. I follow fitness models on social media, and most of my friends are into fitness as well! All I can say is, don't be scared!

**How many days a week do you hit the weights and can you provide a typical training split that works for you?**

I train 6 days a week. My main focus at the moment is glutes, hamstrings and shoulders. I work my legs 3 times a week and my shoulders twice, everything else falls around that!

**What muscle groups do you feel are the most important areas to hit for girls looking to build a sexy, aesthetic body?**

I think a nice toned stomach and some great legs!







# PROFILE - SHANNAH BAKER



## **What are your thoughts on cardio, and what works best for you for dropping those last few kilos leading into a show?**

Love cardio... Before a show you'll find me on the treadmill every morning doing fasted cardio from around 25-1hr each time! Usually after my workouts ill finish off with stair master or the stepper! Fasted cardio really helps me to drop the weight in my legs leading up to a competition!

## **Do you think there is a point of overkill when it comes to cardio work? How much is too much?**

I think you should listen to your body... I wouldn't go over an hour on fasted otherwise you could start to burn your muscle instead! I guess it all comes down to your fitness goals, you don't need to overdo cardio!

## **From my experience girls seem to faster results from weights than guys do. Do you think this is because girls focus more on the technique and feel rather than letting their egos get in the way?**

Haha, more than likely!! For me... it's into the gym, headphones on, head down, get to work.

## **For the girls looking to compete in their first Bikini/Fitness Model event where would you suggest they start?**

Well for me... Australian Natural Bodz has brought so many great opportunities my way, I have already recommended girls to the June comp! The Show is friendly and there are so many benefits!

## **It takes a strong mind-set to hit the gym and stick to a clean eating plan. How do you keep on track and motivated leading into a show?**

It's tough, real tough.... My husband does a great job at keeping

me focused. He comes to the gym, pushes me and reminds me daily of where I'm headed. I keep on track by regularly looking at my fitness inspos and constantly telling myself, "You don't want to look like crap on stage, so pull your head in!" haha along with this, seeing the changes in my body keeps me motivated to push myself harder!

## **Setting goals is obviously a mainstay for success. Do you feel that the shows have really enabled you to push to that extra level to bring out the best in you?**

Definitely! As soon as I step off stage, I'm thinking, "what's next?" "Where to from here?" It makes it so much easier for me if I have a goal in sight... a dead line, you feel like you don't want to let yourself down. Its such a mental game.

## **Just jumping back to the gym work, if you could only do three exercises in order of importance what would they be and why?**

Kettle bell swings, Sumo Squats, Shoulder Press. I love kettle bell swings for many reasons being, they burn a heap of calories and fat! They work your lower back, your hamstrings and glutes. They can help to tone the upper back and shoulders too! Pretty much, this exercise is so good because it hits pretty much everything! Sumo squats for great legs and booty! Targets your glutes, inner and outer thighs without putting too much stress on your lower back! And lastly I would choose shoulder press because it works several muscles of the upper body and has benefits that can actually help improve daily functioning. With these three exercises, you could definitely have a great overall body workout!!

## **At what point does exercising go from a positive lifestyle to an obsession and how important is it to maintain a balance in life?**

You have to find a happy medium, otherwise it will literally consume you. I actually caught myself the other day feeling guilty for not going to the gym, you have to tell yourself "it's ok to have a day off!" I had been in the pool and just relaxing with my husband. I was then thinking to myself, a year ago, I would never have been sitting here with these same thoughts, its constantly on your mind. Just remember to still have a social life, just because you're on a comp diet or eating plan doesn't mean you can't catch up with your friends and have an afternoon out for coffee! There are ways to still enjoy yourself!

## **Free weights or machines what works best for you?**

I personally like free weights... you seem to focus more on your form.

## **All girls are looking to build great shape through their legs and butt, what do you feel works for best for you?**

Don't be afraid to have big quads! I used to dislike having "thick" legs, and now I love it! I try not to focus on singling out my quads anymore, only because I find they seem to grow the fastest. So now I focus more on my hamstring and glutes and if it incorporates quads then that is ok too!

**Let's talk Nutrition.. what does a typical days eating look like for you? How many meals foods types etc?** I work off a blood type diet.. My diet is White proteins, veg, good carbs and some good fats..

Photo By Abc Creative





# FITNESS MODEL SHANNAH BAKER

Photography by  
Steve Jones

**What do you feel is the biggest mistake made by people in their diets when looking to lose weight?**

Having carbs at the wrong time of day... I had a girl come to me last year feeling a little troubled and wanted me to quickly look over her diet as she was heading into her first bikini comp and was 6 weeks out... She was having oats 2-3 times a day and on of those times it was right before bed... we changed her diet around, tweaked it a little, and she ended up placing second in her first comp! Go Eb.

**What do you consider the perfect breakdown for Protein/Carbs/Fats? What works best for you?**

110-120gms white protein

½ cup greens

½ cup rice

30gms almonds

I like to keep my fats pretty low! This works best for me.

**Do you believe in cheat days while dieting and if so why? And where do you draw the line?**

Ohhhhhh Yes do I ever! The body needs a nice little shock once a week to keep that metabolism firing!!! I draw the line at a cheat meal. As in, ONE meal. Not a cheat day. Haha

**Do you count calories or prefer to go by how you look and feel?**

I prefer to go on how I feel and look, I don't count calories or macros!

**How important is timing when it comes to food intake, do you eat on a supply and demand basis depending on your workload for the day?**

Its good to keep your meals around 3 hours apart, having them like this benefits your metabolism.. You never want to feel "starving" and you never want to feel "full/bloated" So having your meals split like this can keep you at a happy medium!

**It's the final three weeks before your next big Bikini Model Event, what would your diet look like? Any secrets you can share for aspiring competitors?**

I stop my cheat meals a full two - three weeks out and keep it clean. I tweak it little by little until the final week, listening to my body and what it needs! My final depletion week is the hardest. Dropping the carbs, fats. I think the biggest thing is to find a great coach, someone who can be there for you and monitor your body changing. They can place your carbs at the right time and change your diet when necessary!

**Do you feel a Bikini Model should have an off season?**

I don't think there is a such thing as an off season when it becomes a lifestyle.

**When your comp diet is over what's your favourite meal?**

I love to have pizza or KFC haha yes, yes i know, don't judge me!

**Who do you admire most in the industry?**

I admire a lot of women in the industry. Ashley Kaltwasser has always been one of my favourites and recently I stumbled across a Brazilian woman named Fernanda D'Avila ... and WOW!! Body goals!!

**Who has had the most impact on your life? How?**

My Nana raised me from very small, taught me manners, how to be independent, to respect my elders, how to stick up for myself, to be street smart and all those little ingredients I needed to know before stepping into the big world. She is the strongest lady I know and if I can be half the woman she is then I'll be very happy with that!



*Ms. Bikini*  
AMERICA™





# PROFILE - SHANNAH BAKER



## What are your goals over the next 12 months in respect to competitions and your career in general?

Over the next 12 months I plan to continue working on my body goals. Training a lot, hopefully studying and start offering online training and diets. I would also like to teach posing classes! I plan to compete at least twice in 2015, do more photoshoots and see where it takes me!

## What do you do to relax in between all of this?

I like to hang out with my husband, go on movie dates, chill at home, swim in the pool. I also like to go horse riding and catch up with friends for coffee!

## Can you share your website, social media links so readers can follow your success?

My facebook page is Shannah Baker Fitness Model and my Instagram is @shannahbaker

## Editors note:

*Congratulations on your success in 2014 and thanks for being such a great ambassador for the Fitness Industry and for Natural Bodz Team Vegas 2014...We look forward to following and sharing your successes in 2015.*

Steve Jones

Thank you so much! Bring on 2015.

Photo By Abc Creative



Photography by  
Steve Jones

Image Captured at the 2014  
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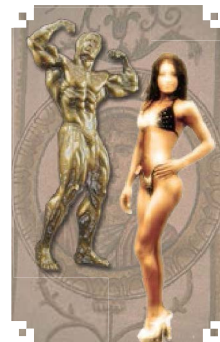


# NATURAL BODZ STORE



## HEALTH & FITNESS EMPORIUM

Natural Bodz Store offers the latest in health and fitness accessories, available through mail order or via our secure online store. We are constantly striving to bring you new and exciting products to enhance your health & fitness goals. To order or for more information visit: [www.naturalbodzmagazine.com](http://www.naturalbodzmagazine.com)



### BODCHUA - CRYODIM BODYSCULPTING CREAM & ETERNIZE

**O**ur skin is the largest organ of the human body. It also has the ability to absorb various natural extracts and compounds that in many cases are not very bio-available when taken orally.

**BODCHUA Cosmeceuticals** has just released two exciting new products that target both the body and face with advanced nutrient delivery through the skin.

The first product in the range is called **CRYODIM**. It has taken the developers two years of research to harness the power of some potent extracts that have been shown to assist with the reduction of body fat that accumulate because of isolated estrogen build up. The key active ingredients include DIM, Chrysin and 7-keto. Research has shown that these three ingredients are well absorbed through the skin so they can produce a

positive effect on the appearance of subcutaneous body fat.

The next product in the **BODCHUA** range is **ETERNIZE**, an advanced cosmeceutical instant lift and wrinkle line eraser. The light serum contains four peptides that have been shown to dramatically reduce the appearance of fine lines and wrinkles in just 10 minutes!

We spend so much time working on our bodies, we often over look the face. **ETERNIZE** is fitness for your skin, supplying Epidermal Growth Factor and Multi-Peptides directly into your skin.

**ETERNIZE** is not only for women, men can use the product to maintain a healthy youthful appearance.

Both products are available through Australian distributor Natural Bodz.  
**Ph:** 0410 169 595 or visit [www.bodchua.com](http://www.bodchua.com)



### 2014 ANB ASIA PACIFIC EVENT DVD - MULTI-DISC SET

**T**he 2014 ANB Asia Pacific International Championships Event DVD sets captures the excitement of this event as well as all the amazing competitors that took part. Two professional produced DVD sets that let you view some of the hottest bodies in the industry in your living room!

There is a multi-disc set for each event day, starting with the 4 disc set for the Bodybuilding and Figure event that captures all of the pre judging and the finals where competitors perform individual routines to music of their own choice.

Then the Fitness Modeling Championships is a 3 disc set featuring all rounds of each category including Bikini Model, Muscle Model, Fitness Model and the final award presentations.

For those looking to compete in the near future this footage is both inspiring and educational as you get to see how the show runs from beginning to end. The finer details of the pre judging on the bodybuilding and figure discs is great for familiarizing yourself with the required posing while the Fitness Model Disc set provides an insight into required stage conduct, presentation and to get ideas from other competitors on the choice of attire and styling for the various rounds.

With an easy to navigate menu system that will run on any DVD compatible player or laptop. Both sets are presented in a quality presentation multi disc case to ensure the discs don't get damaged.

Both disc sets are available via the Natural Bodz online store. Jump online and grab your copy today.  
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## NATURAL BODZ / WORLD FITNESS MODEL K9 CRYSTAL KEY CHAINS

We now have our exclusive K9 Crystal Key Chains available through our online store.

These stunning key chains are created according to our custom design with the Natural Bodz Logo laser etched inside the crystal in 2D. They are produced in Europe from the highest quality K9 crystal and include a chrome key chain and loop along with a blue LED light that turns on with a simple twist of the key chain. The LED light is very bright with a blue glow that can be used as an effective light in dark places, door ways etc.

We have two designs available in our key chain range. The Natural Bodz Logo design and the World Fitness Model design. Both have chrome key chain, blue LED light and come in an attractive gift box.

To order our exclusive key chains visit.

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## NATURAL BODZ SPORTS/GYM BAGS Now Available

Natural Bodz Sports/Gym bags are now available through our online store.

Represent Natural Bodz Magazine in style as you hit the gym with your very own NBZ Sports Bag. Made from high quality canvas with our signature Natural Bodz red and black logo on both sides of the bag with highlighted durable red straps.

Show your support for Australia's number one health and fitness magazine the next time you hit the gym.

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## 2014 MUSCLEMANIA AUSTRALIA EVENT DVD - 3 DISC SET

### 2014 Musclemania Australia Event DVD 3 Disc set

This professionally produced 3 disc DVD set captures all the exciting categories from the 2014 Musclemania Australia Championships held on Queensland's Gold Coast! Categories including Musclemania – Bodybuilding, Physique classes, Bikini Australia, Model Australia and Figure Australia.

Makes a perfect gift for those looking for inspiration or for those looking to compete in the 2015 Musclemania Australia event. They make the perfect gift for aspiring health and fitness enthusiasts.

The event DVD set is available for purchase through the Natural Bodz Online Store or call **0410 169 595 to purchase your copy.** [www.naturalbodzmagazine.com](http://www.naturalbodzmagazine.com)



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*Ms. Bikini*  
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# INTERVIEW WITH **RENEE BRADY** BIKINI AMERICA™ PRO CHAMPION

**I** first want to start by congratulating you on your recent success at the 2014 Fitness America™ Weekend in Las Vegas where you not only took out the prestigious Bikini America™ Pro Division but also captured the overall Model America™ Category. You looked amazing up on that Vegas stage and did the Natural Bodz Australian team proud, can you share how it felt to take out not just one top award but two and how you found the whole experience of traveling with the team and the entire Vegas experience?

Thank you, I appreciate the kind words! Travelling to the US with the Natural Bodz Team was by far the best experience of my life. Not only did I get to compete under such a prestigious name, but I was lucky enough to meet and spend my time with some very inspiring athletes. I have made friends for life from that group of athletes.

I don't think I can quite put in to words how I feel about taking out those two divisions. Never did I think I would have been so successful. Standing up on that stage next to those beautiful, strong athletes felt like winning in itself. If anyone has seen the footage they would have seen how shocked and overwhelmed I was. Definately an unforgettable life changing moment in my life.

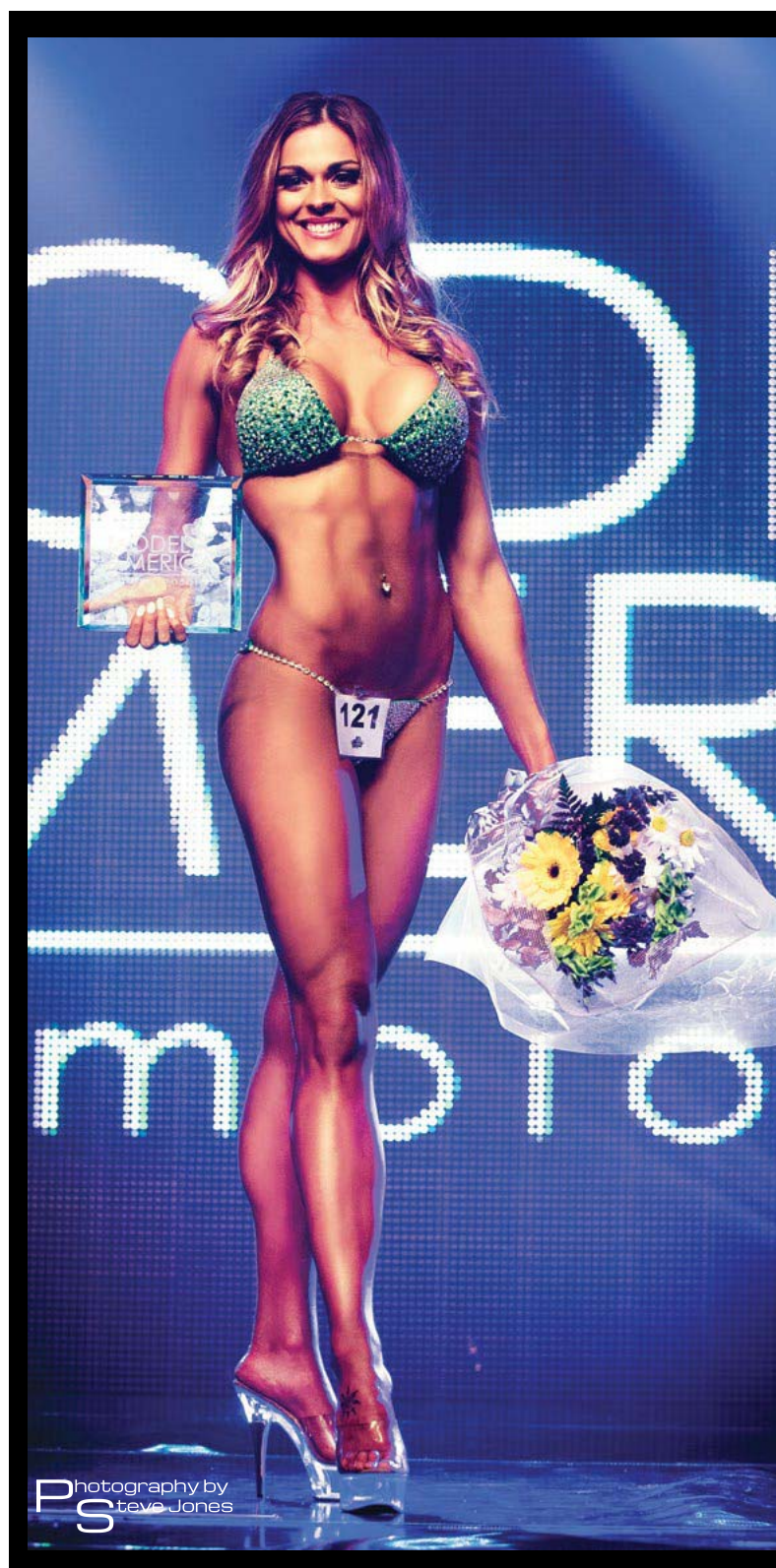
**Was this the first time you have travelled virtually across the globe to compete, and how did you find the air travel, and integrating your meals into the travel plan?**

Yeah, Fitness America was my first overseas trip to compete. The air travel, meal prepping, and training was all new to me. I had no idea how my body would respond. Everyone in the team had different methods during the flight which made me a tad nervous but I did some research before the trip to make sure I would be in a similar routine. Water loading on the plane was by far the hardest part!

**How many weeks did you invest into prepping for the Fitness America™ Weekend and did you implement anything different into your training and diet this time round?**

I did a 10 week prep for Fitness America. I began my prep doing what I know works best for my body, however, I was forced to change things up when I hit a massive wall at around 5 weeks out. I changed over from high carb/low fat to low carb/high fats and increased the intensity of my cardio. I put this down to not responding as well as I backed up from my prep for the Asia Pacific show in June earlier that year.

**Natural Bodz Magazine hosts two major Natural Bodybuilding and Fitness Events in Australia the Asia Pacific in June and the Musclemania® Australia in Sept. You have won top category titles in both of these events. Can you share with our readers the experience you have had competing in these two**



## RENEE BRADY



# INTERVIEW WITH **RENEE**BRADY

## BIKINI AMERICA™ PRO CHAMPION

Photo by G.W Burns



### **events and what they offer over and above other events here in Australia?**

The APACS show and Musclemania have been my favorite shows I had competed in to date! The shows are well run, full of unbelievable athletes, and most of all make you feel like a star. After all the hard work you put in to your prep these shows have always made me feel like every fish and broccoli meal or grueling session had been well worth it! When I won Musclemania® Australia this qualified me to compete at the Fitness America™ Weekend show, and then the following year when I won both my divisions at the Asia Pacific's show this gave me the exposure and opportunity to be a part of the Natural Bodz Vegas Team. These shows definitely offer the most exposure and opportunities for all athletes wanting to travel and become a professional sports model.

### **For aspiring Bikini Models out there that want to get some direction in their training and diet. I believe you are now offering Personal Training services tailored to Fitness And Bikini Models, and can you share some more details on the above?**

Yes, I currently am training a group of bikini and fitness models that you will all get to see at the Asia Pacific Show and Musclemania. I do comp prep pack deals for my ladies which includes their training regime, personal training session, posing and stage presence classes, meal plans, and supplements from my sponsors. I offer online support and guidance for females that need training and nutritional guidance both for body transformation and competition prep. I also run a Female friendly boot camp, Lean Ladies Newcastle. I tailor the sessions to suit all fitness and health goals focusing on the use of all gym equipment and educating my clients how to use machines, free weights and anything you can find in a gym to develop lean muscle mass and strength.

### **What do you feel are the biggest mistakes made by aspiring Fitness and Bikini models when preparing for events and where would you suggest a novice competitor start as entering a first show can be quite daunting for some?**

Particularly with females I have noticed they will get to eager to shred body fat and will increase their cardio to an unsustainable level and cut carbs. These are two big no no's when prepping for a show especially if you have a full 12 weeks til stage! All competitors should have a coach and one that they trust completely. Let your coach make the decisions for you because you will always be your own worst critic and you may burn yourself out if you go too hard too soon.

I would suggest a novice competitor to start at a local show or go watch a local show first to familiarize yourself with how a show is run and what you're expected to do on stage. I have noticed Asia Pacific this year now has both Junior and Novice categories which is awesome!! This is also a great way to still be able to do a prestigious show but without the

# RENEEBRADY



nerves of competing against athletes that have competed before.

**We all know how important a well structured and balanced diet is when it comes to getting into amazing shape. Many struggle in this area, how do you stay on track with your diet and can you share a few tips with our readers?**

Coming to terms with dieting can be very challenging but as soon as you learn to let go off the social aspect of eating, it is a lot easier. People play so much importance on food for pleasure. We eat to function and to live. I am a very strict dieter when I am competing and the way I see it is, if you can't deal with the pain of eating a meal you aren't that fond of then you don't want it bad enough. I eat plenty of meals I don't enjoy, but I eat it. It is about seeing past that initial desire for a moment of pleasure for the bigger picture. A goal so big, and so challenging that it will take a sh\*t load of hard work and will-power to get there. In saying all of this, I am a strong believer in a dirty cheat meal every week. This definitely helps balance out the dieting and saves you when you think you are about to give it all in.

**I want to talk about the finer details of Bikini and Fitness Events, stage presence. How important is it to choose the right outfits, bikinis and have your hair, makeup and stage walk on point for events?**

It is optimally important! Just as important as every training session and meal you eat. This is modelling and still has a major component of beauty and fashion involved. You are performing to entertain! Choosing colours and outfit that compliment your body is very important. I always look in to previous show photos and online for outfit ideas, and match skin complexion and hair colour to certain colours that would highlight my features under stage lighting. Get online, look up Asia Pacific's previous event and have a look at the ladies outfits, colours selected, and body shape to cut of bikinis and theme wears. It makes a world of difference and is so helpful.

**Finally what are your goals for both your business and your competitive bodybuilding career over the next 12 months, and for our readers that wish to follow your success or take advantage of the services you have to offer can you share your point of contacts, website, social media contact etc?**

For 2015 I plan on focusing on building both my personal training business and online support network. I would love to expand in the fitness industry as a bikini and fitness model coach, as I have already started to do.

In regards to competing myself, I have decided to take a big off-season and look in to shows at the end of the year or early 2016! My body is due for a rest so I can build more lean muscle and bring an even better package to the stage. I am easily contactable via facebook and my fitness page: 'Renee Brady's Fitness Modelling Page' as well as Instagram: reneeebrady or you can e-mail me for support and guidance at: renee.brady92@gmail.com

I love to hear from other bikini and fitness models so if you have any questions or need some guidance please do not hesitate to contact me. Best of luck to everyone competing this year! I will be at every Natural Bodz sponsored show this year and I look forward to seeing everyone shine on stage.

**Once again I want to congratulate you on your success it was an absolute pleasure to have you on the Natural Bodz Australia Team. You are without doubt a true ambassador for the fitness industry and we look forward to sharing your ongoing journey of success with Natural Bodz readers.**

***Yours in Health & Fitness  
Steve Jones***

***Editor  
Natural Bodz Magazine***

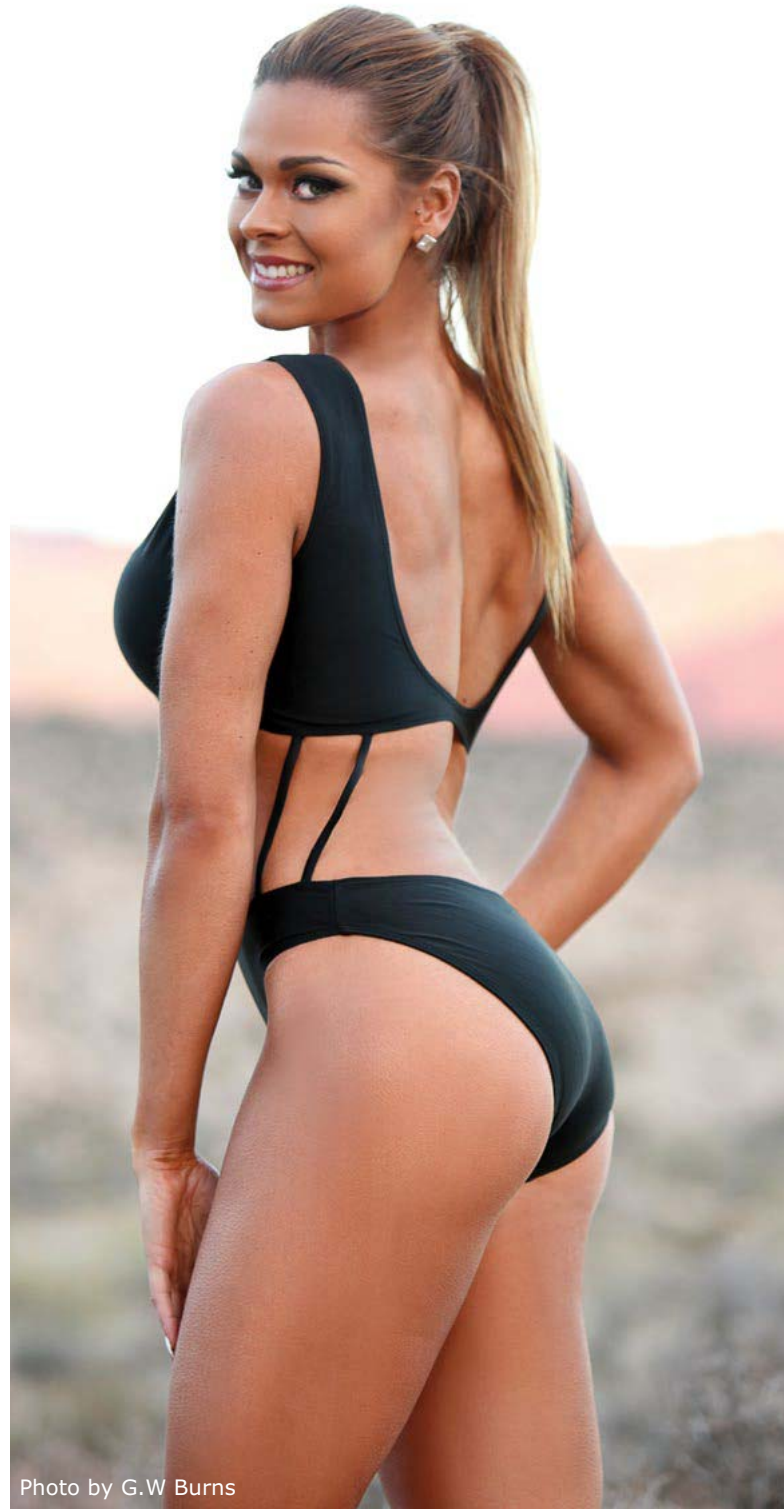


Photo by G.W Burns

**Contact or Follow Renee's Journey:**

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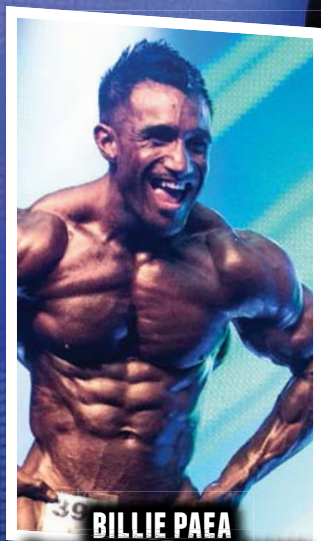
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**KWAME DUAH**  
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# NATURAL BODZ TEAM AUSTRALIA BRINGS HOME GOLD FROM LAS VEGAS.....



**BILLIE PAEA & PETER HARTWIG**

**2**014 saw the biggest Natural Bodz Australia team in history head to Las Vegas to take on some of the finest natural athletes from across the globe in the biggest Fitness America™ Weekend in history, with over 700 competitors!

Our 2014 Team certainly had their work cut out but from the word go the awards began to fall into Australian territory. Each and every athlete did Natural Bodz Magazine and Australia proud presenting themselves in an impeccable fashion. Some of the more prominent victories across the Musclemenia Bodybuilding and Figure America Categories included **Marinus Van Stolk** taking out the Middleweight Class and then the Overall Musclemenia® Amateur World Title. This victory earned Marinus Musclemenia® Pro Status.

**Billie Paea** earned a 3rd place victory in the same category, with Peter Hardwick narrowly missing out on a top 5 placing.

**Rob Quatro** in his all time best condition smashed the Masters Class earning him a first place World Title in Musclemenia.

**Matt Elley** presented a well balanced package to the stage but missed out on a placing this time round. With a little more conditioning Matt will without doubt be a strong contender in future events.

**Kwame Duah** took on one of the toughest Pro Categories in the entire event to bring home an impressive 3rd place victory.



**KRISTINA ANGELI**  
2ND PLACE FIGURE AMERICA™  
MEDIUM CLASS

## MUSCLEMANIA® WORLD CHAMPION



This years team featured three superb competitors competing in the Figure America™ Categories.

**Kristina Angeli** brought amazing balance, symmetry and condition to the stage earning her a second place victory in the Medium Figure America™ Class.

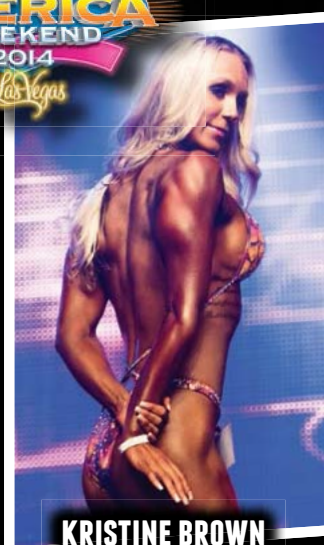
**Fiona Buckley** also brought a great package to the stage but narrowly missed out on a top five placing.

**Kristine Brown** competed in the Figure America Tall Class and looked amazing, but missed out on a placing in this years event.

All the athletes were outstanding and should be extremely proud of their achievements as the 2014 line ups were some of the toughest in the history of the event.



**KRISTINE BROWN**



**FIONA BUCKLEY**



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WEEKEND  
2014  
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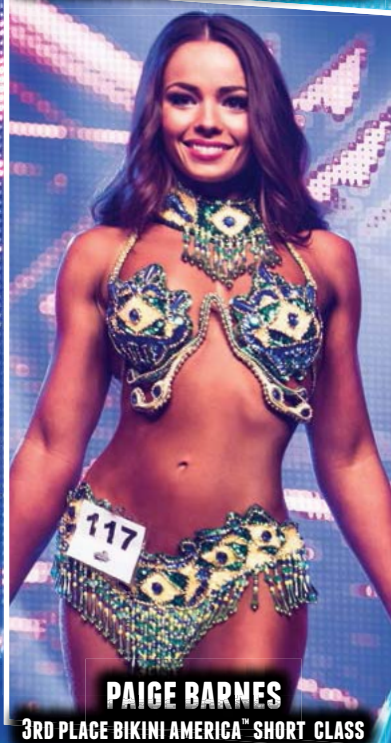
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**SHANNAH BAKER**  
Ms Bikini America™ Overall Champion  
Medium Class Winner



**SAMANTHA SYMES**  
2ND PLACE BIKINI AMERICA™ SHORT CLASS



**PAIGE BARNES**  
3RD PLACE BIKINI AMERICA™ SHORT CLASS



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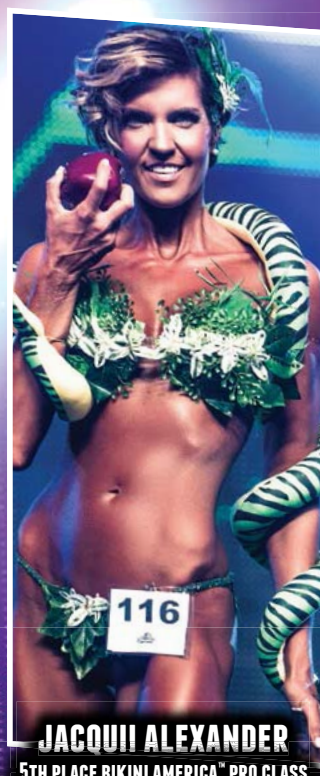




**ALANNAH WOLFF**  
1ST PLACE BIKINI AMERICA™ TALL CLASS



**SARAH MATOKA**  
BIKINI AMERICA™ PRO CLASS



**JACQUI ALEXANDER**  
5TH PLACE BIKINI AMERICA™ PRO CLASS



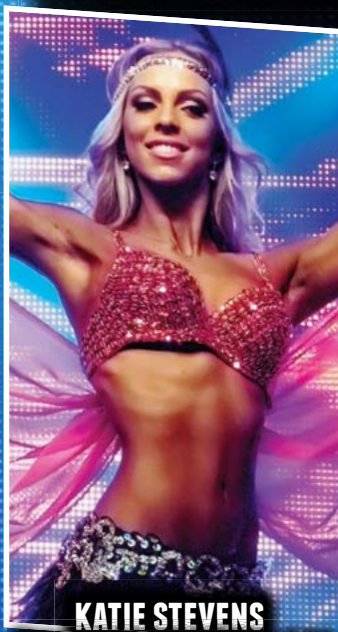
**121**

Our 2014 Team of girls competing in the Bikini America™ classes took to the stage with a clear mission in mind, to make their mark on the Fitness America™ Stage and to bring home gold for Australia...And so they did.

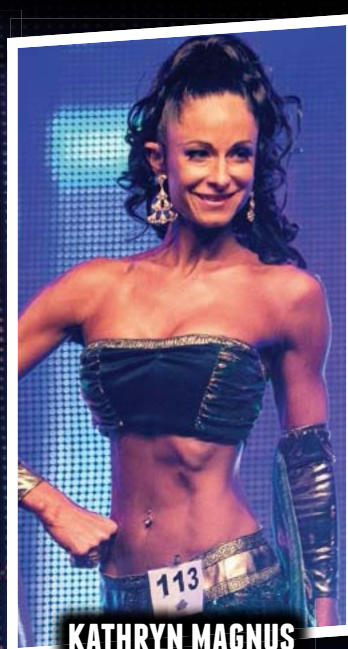
**Samantha Symes** collected a 2nd place award in the Bikini Short class, followed by **Paige Barnes** in 3rd place, and **Katie Stevens** coming in 7th place. **Shannah Baker** took a 1st place award in the Medium Bikini Class with **Alannah Wolff** taking home a first place award in the Tall Class against a tough line up of girls. **Kathryn Magnus** and **Dell Farrell** looked amazing in their respective Bikini categories but missed out on making the top 5 this time round.

Shannah and Alannah took to the stage for the Overall Ms Bikini America™ Title with the other category winners. Shannah came out with the number one spot being crowned 2014 Overall Ms Bikini America™ and earning prestigious Pro Status.

We had three girls making their debut in the Prestigious Bikini Pro Class. **Sarah Matoka** who looked amazing but this time round missed out on a top 5 placing. **Jacqui Alexander** brought a great package to the stage earning her a 5th place award and finally the stunning **Renee Brady** who captured the judges attention from the word go and was crowned the first ever Bikini America™ Pro Class Champion.



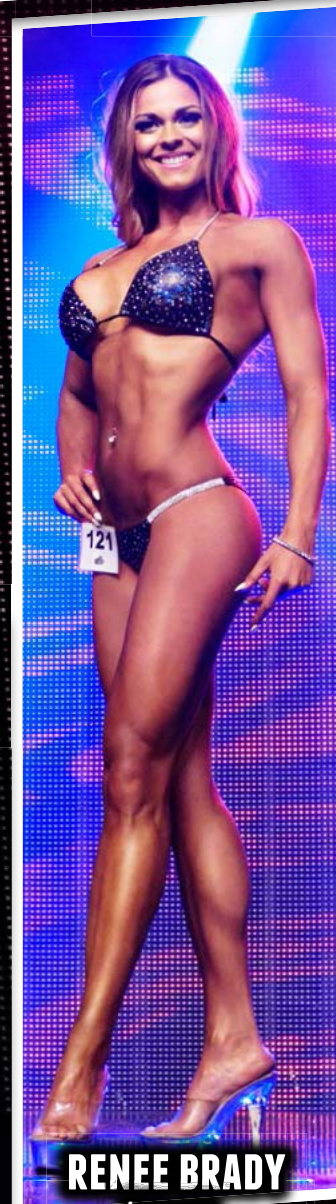
**KATIE STEVENS**  
7TH PLACE BIKINI AMERICA™ SHORT CLASS



**KATHRYN MAGNUS**



**DELL FARRELL**



**RENEE BRADY**  
1ST PLACE  
BIKINI AMERICA™ PRO CLASS



# MODEL AMERICA

Championships™



**TAYLOR KLEINBERG**  
2ND PLACE MODEL AMERICA™  
SPORTS CLASS



**JAKE SYLVESTER**  
2ND PLACE MODEL AMERICA™  
COMMERCIAL CLASS

**FITNESS  
AMERICA**  
WEEKEND  
2014  
*Las Vegas*



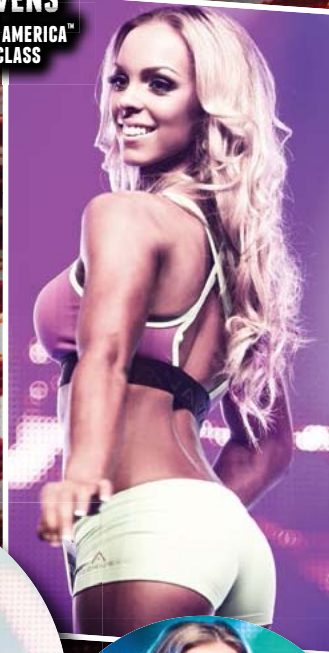
**JOSHUA HOHUA**  
5TH PLACE MODEL AMERICA™  
SPORTS CLASS



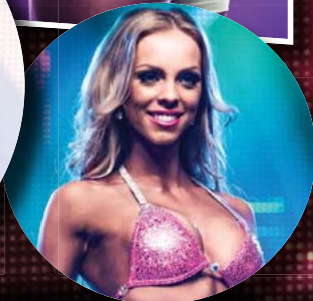




**SAMANTHA SYMES**  
4TH PLACE MODEL AMERICA™  
COMMERCIAL CLASS



**KATIE STEVENS**  
2ND PLACE MODEL AMERICA™  
COMMERCIAL CLASS



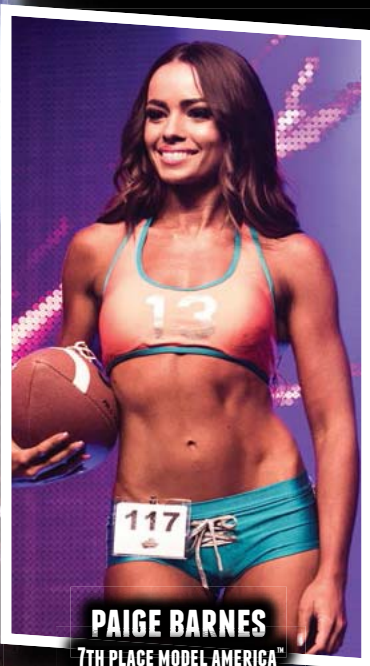
**RENEE BRADY**  
1ST PLACE MODEL AMERICA™  
SPORTS CLASS



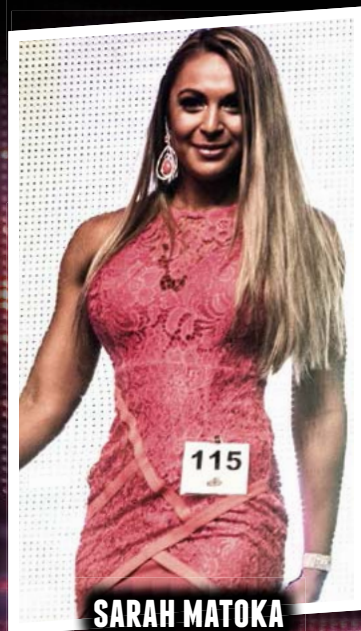
The awards kept rolling in across the Model America™ Categories, starting with the lovely **Katie Stevens** taking a 2nd place in the Commercial Model Class. With the outstanding **Samantha Symes** following up with a 4th place in the same class. **Paige Barnes**, **Sarah Matoka** and **Kathryn Magnus** did themselves and Australia proud but missed out on a top 5 placing this time round. **Renee Brady** hit the stage with impeccable form in the Model America™ Sports Class taking out the number one spot once again against a tough line up of Models from across the world!

Next up the guys followed suit with **Taylor Kleinberg** taking home a 2nd place in the Sports Model Class, followed with **Joshua Hohua** earning a 5th place award. Finally **Jake Sylvester** hit the stage with style taking out 2nd place, a few points away from taking out the number one spot!

Congratulations go out to all of these amazing athletes, they did themselves, Natural Bodz and Australia proud.



**PAIGE BARNES**  
7TH PLACE MODEL AMERICA™  
COMMERCIAL CLASS



**SARAH MATOKA**



**KATHRYN MAGNUS**





# MUSCLE MANIA PHYSIQUE

The 2014 Musclemania® Physique Class saw three Team members take the stage against formidable line ups of Physique athletes from across the globe.

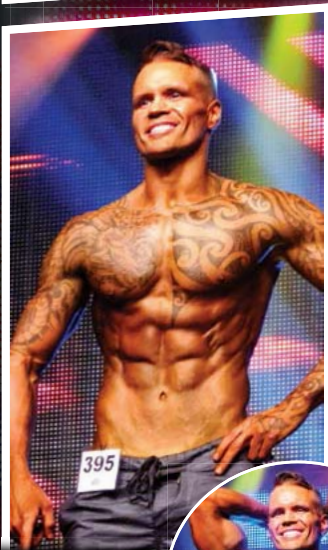
First up **Jake Sylvester** in the Junior Physique Class. Jake collected a 5th place this time round against a tough line of Junior competitors.

**Taylor Kleinberg** and **Joshua Hohua** were next up, both guys looking amazing but this time round did not crack the top 5 placings. With a little more work both of these athletes will no doubt be cracking the top placings in the near future. The Overall Amateur Musclemania® Physique title was awarded to the impressive physique of **Ian Beason** of the USA.

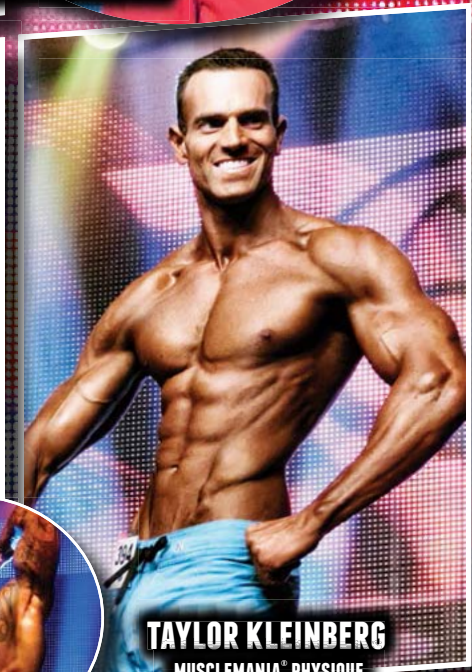
The Pros were up next with **Ben "Abstacker" Handsaker** making his debut in the Pro class. Ben presented great shape and stage presence but failed to crack the top placings this time. This is one tough category with some seriously well put together physiques. Have a look at the amazing Physique of 2014 Overall Musclemania® Pro World Champion **Perry Hoskins** of the USA! Absolutely outstanding and a true inspiration to aspiring Physique competitors across the globe.



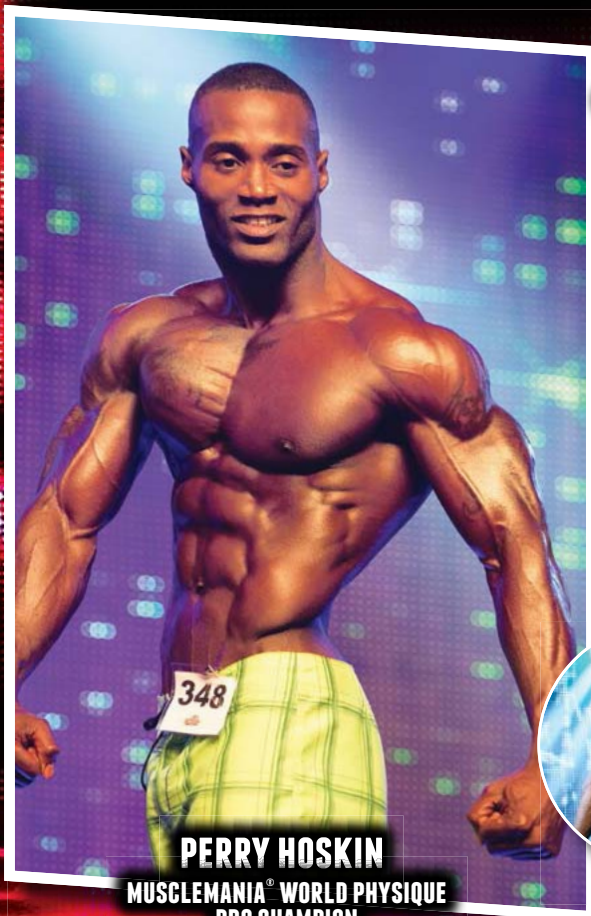
**BEN "ABSTACKER" HANDSAKER**  
MUSCLEMANIA® PHYSIQUE PRO CLASS



**JOSHUA HOHUA**  
MUSCLEMANIA® PHYSIQUE



**TAYLOR KLEINBERG**  
MUSCLEMANIA® PHYSIQUE



**PERRY HOSKIN**  
MUSCLEMANIA® WORLD PHYSIQUE  
PRO CHAMPION



**JAKE SYLVESTER**  
4TH PLACE MUSCLEMANIA  
PHYSIQUE JUNIOR



**IAN BEASON**  
MUSCLEMANIA® WORLD PHYSIQUE  
AMATEUR OVERALL CHAMPION

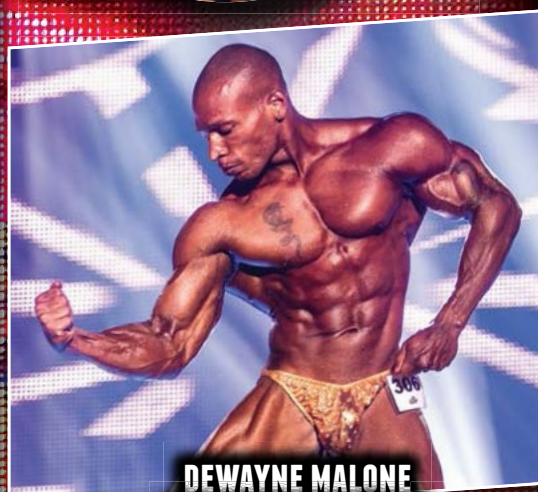


**SAMUEL DIXON**

TALL CLASS WINNER AND  
OVERALL MUSCLEMANIA® PRO  
WORLD CHAMPION



**MUSCLEMANIA®**  
**PRO**



**DEWAYNE MALONE**

3RD PLACE MUSCLEMANIA® WORLD  
PRO SHORT CLASS



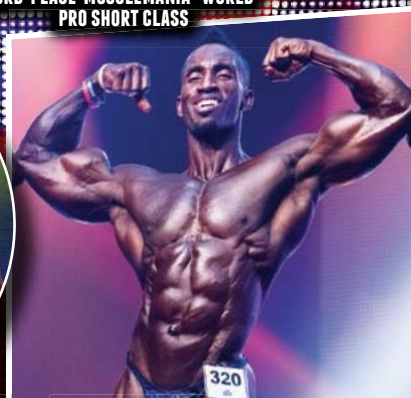
**CHUL SOON**

2ND PLACE MUSCLEMANIA® WORLD  
PRO MEDIUM CLASS



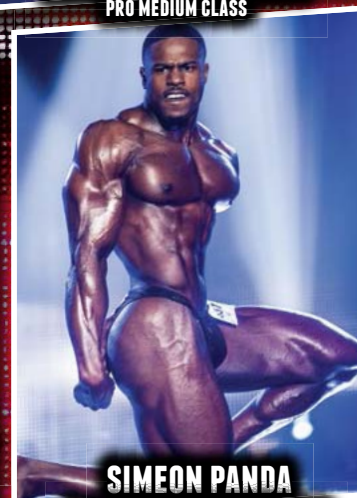
**ULISSES**

1ST PLACE MUSCLEMANIA® WORLD  
PRO MEDIUM CLASS



**RODY EXANTUS**

1ST PLACE MUSCLEMANIA® WORLD  
PRO SHORT CLASS



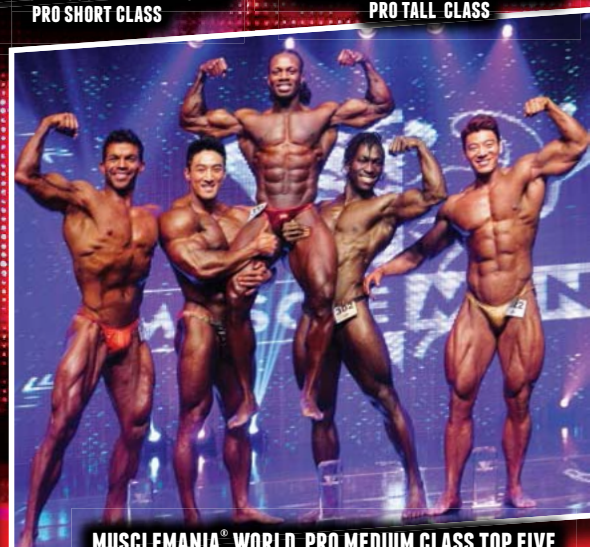
**SIMEON PANDA**

4TH PLACE MUSCLEMANIA® WORLD  
PRO TALL CLASS



**KWAME DUAH**

3RD PLACE MUSCLEMANIA® WORLD  
PRO MEDIUM CLASS



MUSCLEMANIA® WORLD PRO MEDIUM CLASS TOP FIVE



# GRAVITY

## THE





# ULTIMATE MUSCLEBUILDING FORCE

BY STEVE JONES



**N**o its not some crazy supplement or whacky new training program it's a force that keeps us all planted to Mother Earth and prevents us and everything else with it from floating out into space. It's also what makes those chunks of iron we lift heavy because its gravity that pulls the iron down to earth. So yes, you could say it's kind of important on the whole scale of things. It's that magical force called "Gravity" and once you understand the basic science it can without doubt help you in your pursuit to build your dream physique!

## WHAT IS GRAVITY AND HOW DOES IT HELP WITH BODYBUILDING?

Gravity is defined as - The natural force that causes objects to be pulled towards the center of the earth, it causes objects to have weight. Because the Earth is a massive round ball, no matter where you are standing on the planet the center is always straight down, makes sense right?

Because gravity's pull is always directed straight down it seems logical to ensure the actual resistance we use while weight training travels a path that is straight up and straight down, therefore taking full advantage of the Earth's gravitational pull.

Vertically challenging exercises like military press, squats and bench press follow a straight up and down path. Don't get confused with bench press as you are obviously laying in a horizontal position but the movement of the bar itself follows a vertical path. You get where I am coming from?

If we take a look at the basics or what I like to call the fundamentals of weight training exercises we can easily identify why movements like squats, deadlifts, bench press, military press and rows tend to have the most benefits when it comes to building a strong muscular physique. This is taking into consideration that they are performed correctly of course.

Because all the basic movements have one inherent thing in

common, they take full advantage of Earth's gravitational pull. They follow a direct up and down, vertical not horizontal path. Keeping in mind these basic movements also have the additional benefits of targeting more than one muscle group. They a multi-group exercises that facilitate an array of benefits to the human body so they should certainly always make up the foundation of any sensible weight training program.

## WHAT ABOUT LESS THAN VERTICAL MOVEMENTS?

Now, let me stress just because any given exercise does not follow a vertical path it doesn't mean we should throw the baby out with the bath water! Let me give you an example of less than vertical movements, 45 degree leg press, preacher curls, flys, side lateral raise and many other movements follow a less than perfect vertical downward force.

Now there are exercises that make the use of pullies and cams and although it may appear you are pulling the weight across a horizontal path the pulley and cam setup is actually moving the physical weight in a vertical path. A good example of this is seated cable rows, you are pulling the handle into your waist at along a horizontal path but the actually cable

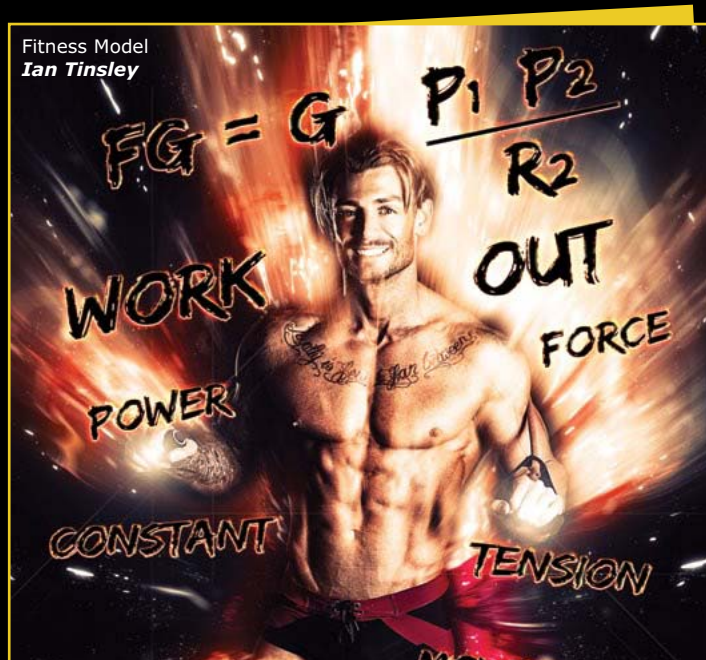


Photo by Steve Jones



# GRAVITY THE ULTIMATE MUSCLE BUILDING FORCE

set up is lifting the iron plates on a vertical path. See what I mean? And there are a host of exercise machines that do move weights in a vertical path, hence not all machine exercises are bad.

But there is a way to make these vertically challenged movements much more effective with the use of super sets and pre exhaustion techniques. Let me give you a couple of quick examples.

## 1. Super set Side Lateral Raise with Seated Dumbbell Shoulder press.

By hitting purely the side deltoids with the lateral raise ( A horizontal plane movement) you pre-exhaust your shoulders while keeping your tricep muscles fresh and strong so when you jump on the Seated Dumbbell Press you are really taking your deltoids to the next level of intensity.

The weights you use on the Dumbbell Press may not be as much as if you just performed straight sets with a 3 minute rest period between sets but we all know "intensity" is king when it comes to building an impressive physique.

## 2. Super set Preacher Curls with Seated Cable Rows.

The same method applies that we discussed above, you are hitting a (gravity challenged movement) preacher curls prior to the seated cable rows. You pre exhaust your biceps allowing for more direct force and work load onto your back muscles. Once again your total weight may drop on the seated row but the additional intensity applied to the back



muscles will be well worth more than a few kilos drop in total weight. Remember, intensity is what matters coupled with "constant tension" which I will discuss in next.

## THE IMPORTANCE OF CONSTANT TENSION

This is probably the most important thing point to take from this article. Any given exercise must ensure there is "constant tension" force applied to the muscle(s) under load. Even if you take full advantage of gravity and the basic bread and butter exercises if constant tension or force is not applied consistently through the movement you are essentially cheating yourself out of potential muscle growth!

I am very passionate about technique because I see so many gym goers perform exercises with such terrible form. Tension is not just a two way street, it's a four lane highway. You need tension applied at the bottom of the movement, throughout the upward movement (positive) through the top of the movement, and finally throughout the downward (negative) part of the movement. That's why we call it "Constant Tension" not partial tension, or one way tension, or sloppy tension. The force must remain constant throughout the entire movement.



## **SLOPPY FORM INCLUDING SWINGING, FLICKING, ROCKING ARE A TOTAL ABUSE OF THE EARTH'S POWERFUL GRAVITATIONAL FORCES THAT MAKE WEIGHT TRAINING SO EFFECTIVE.**

### **SLOPPY FORM KILLS MUSCLE GAINS**

One way to prevent yourself from building an ounce of muscle is to practice sloppy exercise form.

It's a written guarantee that in ten years time you will look exactly the same as you are now, if not worse! Is this an exaggeration? Not at all, I have witnessed it with my own eyes throughout my career in the bodybuilding industry. Obviously there are many variables that can prevent a trainer from making muscle gains but this one tops the list, coupled with poor nutrition.

What most trainers do or focus on is merely the positive part of the movement. E.g curling a barbell to the top position. From there it all goes south, as they let the weight just drop in an uncontrolled tensionless environment. Another bad habit is flicking or flinging the weights on both the positive and the negative parts of the movement ignoring the need for "constant tension" all together!

A golden rule while performing each exercise, stay in control of the weight. In general 2 seconds up, 1 second squeeze and 3 seconds down. That's a total of 5 seconds of tension.

Now imagine if you performed the same movement but just flung the weight up in 1 second, let it drop in an uncontrolled fashion in 1 second. You ignored the top squeeze all together. So you end up with a total of 2 seconds under very meagre tension because of the momentum you have used to move the weight from A to B.

Sloppy form including swinging, flicking, rocking are a total abuse of the Earth's powerful gravitational forces that make weight training so effective. So why do it? Your guess is as good as mine because enter the doors of any gym on any given day of the week and you will see this scenario playing out time and time again. With a whole bunch of folk scratching their heads wondering why they aren't getting any results! The mind boggles.

### **KICK THE DISTRACTIONS**

There are so many distractions these days. One of the worst I see in gyms are mobile phones being constantly carried around and updated during workout sessions. In fact I see



many trainers lift their phone more than they actually lift weights! With the average phone weighing 180gms I am sure that's not heavy enough to build any significant muscle mass! My advice, leave your phone in your gym bag until you have finished. If you are addicted to selfies or status updates do it after you have finished your workout. I am sure the virtual world will still be there and your friend will be just as impressed even if your status is 40 minutes late.

What do phones have to do with gravity? Nothing but if you want to test the theory of gravity while you are training try hanging a 40kg dumbbell over your phone and letting go. Gravity is rules!

### **BACK ON TRACK**

I often go off track, but it's with good intentions. I really get a kick out of seeing people in the gym change the way they look. This is why I get so caught up in stressing my point and it all comes back to work ethic. You work hard and you work right you get results. Now let me highlight a couple more exercises that really take advantage of the force of gravity.

Let's use the biceps as an example, because everyone wants big guns right! A body weight movement that will really blast your biceps, close grip pull ups! Ouch, this one is a tough movement but it really stresses the bicep muscle because it follows a straight up and down path. Yes, it harnesses the pure power of gravity and smashes you biceps to piece. Remember.... Constant tension! Before you start hanging 20kg dumbbells around your waist because you think this is the answer. Perform the movement in a slow deliberate fashion, pull up in 2 seconds, squeeze for a second up the top for peak contraction and lower in 3 seconds. Do you want to pass on that 20kgs dumbbell now? I bet.

### **IDENTIFY WHY YOU ARE IN THE GYM IN THE FIRST PLACE**

I am sure you will agree most folk invest in a gym membership because they are not happy with the way they look and want to change it. Hence logic says we need to follow a common sense approach that incorporates a training program where each exercise is performed to perfection. Each rep is a deliberate attempt to build new muscle, not cheat ourselves out of it. It's not about ego, lifting weights you can't handle. It's about feeling every single rep attack every muscle fiber in that target muscle group.

Do you really want a "return" on that money you are investing in your gym membership?

If the answer is yes you have to get real and make use of "Gravity" and maintain that growth promoting force throughout the entire movement - aka (Constant tension).

There are many ways to make gravity work for you not against you in the gym and hopefully this article will provide a clearer picture of the importance of this invisible force that not only allows the world to exist but also allows us to build an impressive physique in the gym. Use the exercise examples I have listed throughout and experiment with a few pre exhaustion techniques of your own to make those less than perfect exercises into powerful muscle building movements.

On a final note, think smart not big. Use the weights and machines in the gym to deliver as much direct force to the specific areas you are working. Aim to move the weight from A to B in the most effective way, not the easiest way. Don't abuse the force of gravity, use it to its full potential to apply constant muscle building tension throughout your entire workout. Follow these rules and I can guarantee you will be on your way to developing your dream physique in record time.

*ED ~ Steve Jones*



# IN THE SPOTLIGHT WITH... TRISS CLARK

Name: Triss Clark | Height: 168cm | Weight: 50kg | Age: 19 | Location: Brisbane, QLD, Australia

**Occupation:** Beauty Therapist & online Personal Trainer

**Years in the fitness industry:** 3

**Who or what inspired you to get involved in the health and fitness industry?**

I never use to be into health and fitness, I hardly ate and never exercised, I was one of those people using every excuse in the book to get out of sport. My parents (who are ex bodybuilders) and my ex boyfriend really inspired me to get into the gym and improve my eating, after seeing results physically and mentally I was hooked on this lifestyle!

**Competition Titles/ sporting achievements?**

INBA Bikini opens – 2nd place  
ANB Asia Pacific bikini model – 2nd place  
ANB Asia Pacific fitness model – 5th place

**What type of diet do you follow leading into an event?**

I follow flexible dieting (iifym) all year round, even during competition prep. Eating the foods I love without feeling overly restricted and still getting lean is great!

**How many days a week do you train and do you prefer weight training over cardio, what works best for you?**

I am currently training 4 days a week, with no cardio. I absolutely hate cardio, and much prefer lifting heavy!

**As a successful Bikini Competitor can you share three key points that will help girls looking to compete in their first event?**

1. Get a GOOD coach! There are too many coaches out there that have no idea what they are doing, they may have good intentions but that doesn't mean they are the best person suited to train you! Many coaches take different approaches, its important to find one that works well with you, and is supportive of you! You are the client, paying them, they should be putting your health first over what they may want you doing!

2. I think its really important to build up a good metabolic capacity, because if you start your prep on lower calories, you going to end up with an unhealthy/ unmanageable diet and cardio requirements after 12-18-20 weeks! A good foundation of lean muscle mass is very important. During prep you are maintaining the muscle you have, and just shedding the excess body fat to reveal your muscles. Too many people start out deciding to do a comp, prepping straight away and get disheartened with the way they look, it is very hard (near impossible) to increase muscle mass in a caloric deficit, which is what is required for a competition prep! All the gains happen in offseason, not in prep!

3. PRACTICE your posing, and be confident!

**How important is it to maintain a balance in life between work and play, what's your success mantra?**

It is extremely important! Before I followed flexible dieting, I was a hard core 'clean eater' the amount of times I would pass up social situations purely because I couldn't stray away from my meal plan was ridiculous. But now I enjoy a meal out with friends guilt free as I have a rough idea of what I am eating still fits within my required daily calorie and macronutrient goals.

**How has being involved in the Fitness Industry changed your life?**

It has changed my life for the better because I am a much stronger, healthier and happier person now!

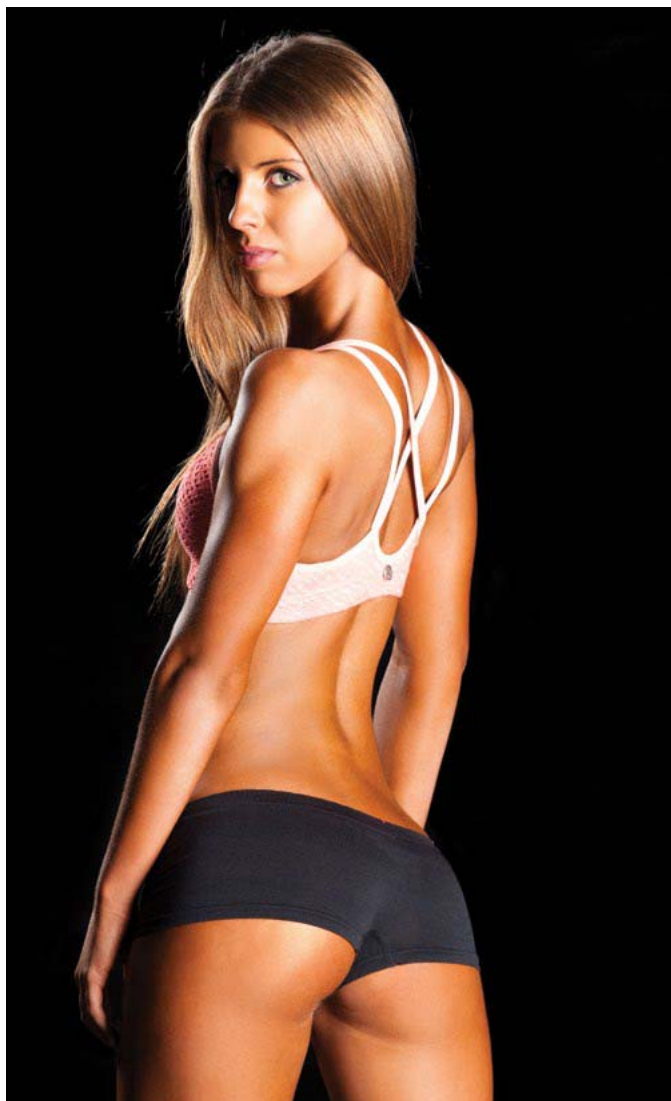
**Favourite motivational quote?**

My favorite quote would definitely be Arnold Schwarzenegger 6 steps to success

1. Trust yourself
2. Break some rules
3. Don't be afraid to fail
4. Ignore the naysayers
5. Work like hell
6. Give something back

**Future goals/events in the Fitness Industry?**

I don't have any current shows planned; my main focus at the moment is to build up my overall strength and muscle mass while enjoying a balanced and happy life!











## WORKOUT FACTS:

# WEIGHT TRAINING SPIKES HUMAN GROWTH HORMONE

**H**uman growth hormone (hGH) is secreted in a pulsatile fashion, generally following a circadian rhythm. A number of physiological stimuli can initiate hGH secretion, the most powerful, non-pharmacological of which are sleep and exercise.

HGH has many varied roles throughout life, from growth itself, including the turnover of muscle, bone and collagen, to the regulation of selective aspects of metabolic function including increased fat metabolism and the maintenance of a healthier body composition in later life.

The exercise-induced growth hormone response (EIGR) is well recognised and although the exact mechanisms remain elusive, a number of candidates have been implicated. These include neural input, direct stimulation by catecholamines, lactate and or nitric oxide, and changes in acid-base balance. Of these, the best candidates appear to be afferent stimulation, nitric oxide and lactate. Resistance training results in a significant EIGR. Evidence suggests that load and frequency are determining factors in the regulation of hGH secretion.

Despite the significant EIGR induced by resistance training, much of the stimulus for protein synthesis has been attributed to insulin-like growth factor-1 with modest contributions from the hGH-GH receptor interaction on the cell membrane. The EIGR to endurance exercise is associated with the intensity, duration, frequency and mode of endurance exercise.

A number of studies have suggested an intensity 'threshold' exists for EIGR. An exercise intensity above lactate threshold and for a minimum of 10 minutes appears to elicit the greatest stimulus to the secretion of hGH. Exercise training above the lactate threshold may amplify the pulsatile release of hGH at rest, increasing 24-hour hGH secretion. The impact of chronic exercise training on the EIGR remains equivocal. Recent evidence suggests that endurance training results in decreased resting hGH and a blunted EIGR, which may be linked to an increased tissue sensitivity to hGH.

While the potential ergogenic effects of exogenous GH administration are attractive to some athletes, the abuse of GH has been associated with a number of pathologies. Identification of a training programme that will optimise the EIGR may present a viable alternative. Ageing is often associated with a progressive decrease in the volume and, especially, the intensity of exercise.

Studies have shown high intensity weight training with shorter rest intervals has a more positive effect creating a significant spike in hGH release. Supplements containing Nitric Oxide boosters may also be effective or products that contain a peptide version of Arginine, specifically Arginine Phosphorylglutamate in a combination with L Lysine. This combination taken on an empty stomach has reflected a spike in hGH release up to 400%!

Therefore combining high intensity weight training with keys supplements and a higher protein more moderate carb diet offers Natural and significant benefits for those looking to enhance their hGH output.

Reference: Godfrey RJ, Madgwick Z, Whyte GP. Brunel University, Uxbridge, Middlesex, UK.

The Sultan of Symmetry  
**Arash Samali**



Photo by Rob Bell  
Natural Bodz Media  
Day Photo Shoot



TEAM PZN ATHLETE JOSHUA HOKUA

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# WATCH YOUR MUSCLES GROW!

**A**t last we have found the answer. Why does it feel good to train your biceps, shoulders or whatever muscle group in front of a mirror? According to Satoshi Hirose, a researcher at Kyoto University, you can generate more strength in a movement if you can see your muscles work.

Hirose does research on the influence of visual information on the functioning of muscles. In an experiment, published in *Neuroreport*, Hirose got sixteen volunteers to squeeze a spring with their thumb and index finger. The squeezing sessions lasted a minute and in that time the test subjects had to squeeze the spring shut 90 times. The power that the subjects developed was recorded.

The subjects sat in front of a screen, upon which Hirose projected images of a hand that was contracting and relaxing in the same rhythm as the subjects had to squeeze the spring. The test subjects were also shown photos of Hirose's own face, relaxed and making an effort, photos of a foot contracting and relaxing, and of a larger and then smaller ball.

Watching a hand contracting and relaxing increased the strength with which the test subjects squeezed the spring. Looking at the other images did not have a statistically significant effect.

Hirose concludes that making muscles work is more effective if we see the same muscles working. He thinks that this information is of use for designing operating systems for machines and computers. We, the muscularly obsessed editors of this magazine, think that his findings are also interesting for athletes. Gym goers can actually enhance the quality of their strength training by watching their muscles move during their training sessions – So all those mirrors in the gym are not there for decoration, they actually help our muscles grow! Keeping in mind we have to actually lift some

weights not just sit there admiring ourselves in the mirrors.

Refer: *Neuroreport*. 2009 Oct 28; 20(16):1477-80.



## STUDY ON STRENGTH AND REST BETWEEN SETS

**I**f you've just started doing strength training and are short of time, then Brazilian sports scientists at the University of Brasilia have good news for you. The amount of time you rest between sets does not affect your progress. So strength training doesn't have to take much time.

The researchers got 34 male students, all new to weight training, to train their most important muscle groups for a period of 12 weeks. Twice a week the test subjects did 5 basic exercises for their major muscle groups, including dead lifts, bench presses and leg presses. Half of the group took just over one minute rest between sets [SR]; the other half rested for three minutes [LR]. The SR group made 14.4 percent progress, the LR group 10.5 percent. The difference in progression between the two groups was not statistically significant.

The results showed that the progress in strength that the test subjects made on the leg press. For this machine both groups showed almost the same progression: The 1RM for the SR group increased by 17.5 percent and for LR group by 17.8 percent.

In their conclusion the researchers emphasize that they only looked at strength. It is important to note that the results are limited to muscle strength, and muscle hypertrophy and endurance a different stories as we all know shorter rest intervals equals more intensity = more muscle growth and enhanced muscular endurance.

Reference: *J Strength Cond Res*. 2010 Jan;24(1):37-42.





# DUMBBELLS BUILD BETTER DELTS

**T**he further you extend your arms when doing the neck-press, the more you stimulate the muscles in your shoulders. So the best way to do a neck-press is with free dumbbells, and not with a barbell or Smith machine. Italian sports scientists from the University of Padova write on the matter in the Journal of Strength and Conditioning Research.

The researchers did an experiment with 6 experienced male weight trainers. The men trained their shoulders by doing 3 different versions of the neck-press. The starting position was the same in all three versions [A]. In one exercise the men stretched their arms above their head to a 90-degree angle [B]. That was R1.

In exercise R2 the men extended their arms above their head to an angle of 135 degrees [C], and in R3 they extended their arms fully, to an angle of 180 degrees [D].

Before the men started doing the exercises, the researchers attached electrodes to their muscles, so they could measure how hard the men's muscles had to work. To cut a long story short: R2 was a better shoulder exercise than R1, and R3 was better than R2. The results were the same for all muscle groups that the researchers had attached an electrode to.

The results showed the activity in the muscle groups when the men trained at 70 percent of their 1RM.

PMCH = upper part of the pecs; AD = anterior delt; MD = medial delt; PD = posterior delt.

UT = uppermost trapezius; MT = middle trapezius; TM = teres minor, TBLH = triceps.

The positive effect of a complete neck-press is stronger for the trapezius than for the delts. That's why the researchers suspect that athletes who, for whatever reason, prefer to train with barbell need to devote more attention to their trapezius by doing other exercises.



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# THE BEST OF THE BEST FOR BICEP GROWTH

**W**hen someone asks to show them your muscles what's the usual response? You guessed it roll up the sleeves and smash out a single run salute! It's all about the biceps. Some interesting research has surfaced that reflects on the best of the best of exercises for activating the bicep muscle.

Apparently the good old preacher curl, or the Scott curl, is not such a good exercise for the biceps as many bodybuilders think. According to sports scientists at the Federal University of Rio de Janeiro in Brazil, you are better off doing the incline dumbbell curl or the classic standing curl.

#### Let's take a look at the study

The Brazilians got 22 male subjects, all of whom had been doing weight training for at least a year, to perform three different types of curl exercise. Standing Dumbbell Curls, Incline Dumbbell Curls and Dumbbell Preacher Curls. The researchers attached electrodes to the men's biceps so they could measure how hard the muscles had to work.

#### Results

The results showed that there is was not much difference in effectiveness between the Standing Dumbbell Curls and the Incline Dumbbell Curl, but that in comparison with these the preacher curl loses out in the third concentric phase and the first eccentric phase of the movement. In addition, the preacher curl involves a shorter movement than the other versions.

#### Conclusion

The Dumbbell Preacher Curl does not activate the bicep muscle through the entire range of movement. Even without the science logic suggests that Preacher Benches are not designed very well when it comes to full activation of the bicep muscle. Most are set at 45 degrees and as the weights pass the half way point much of the resistance falls away due to the weights falling into your body, there for reducing the tension on the bicep muscle.

The researchers went on to say "The Incline Dumbbell Curl and the Dumbbell Biceps Curl resulted in a considerable neuromuscular effort throughout the whole elbow range of motion and, thus, may be preferable for the improvement of biceps brachii force in training programs."

We do feel that the results could well be different with a different style of preacher bench, e.g if the angle is set to 90 degrees. This would keep a more direct and constant downward force on the bicep muscle and prevent that fall off towards the upper part of the movement.

Source:

J Sports Sci Med. 2009 Mar 1;8(1):24-9.

Check out the impressive biceps of one of Australia's top Fitness and Physique Athletes **Denham Ravi**





# EAT PROTEIN 30 MINUTES BEFORE EXERCISE & BURN MORE FAT!

**E**xercise scientists at the University of Arkansas (Arkansas, USA) have identified a novel interaction between food, exercise, and total energy expenditure. Ashley Binns and colleagues assessed 10 college-age women of normal body weight, who were categorized as "recreationally active" – subjects normally exercised at least twice a week, but they weren't athletes or severely overweight. Each participant was given either a high-protein meal, low-protein meal, or no food at all, before walking on a treadmill.

The team found that the high-protein meal followed by 30 minutes of moderate exercise was an effective way to burn calories, as compared to exercising on an empty stomach. The lead author submits that: "with exercise, there is a trend for a continued increase in caloric expenditure with higher protein consumption.

Additionally, the consumption of the high- or low-protein meals resulted in greater energy expenditure than the fasted state. That means that eating prior to exercise does provide fuel to burn, making us more like an energy-burning machine."

#### Reference:

Ashley Binns, Michelle Gray, Ro Di Brezzo. "Thermic effect of food, exercise, and total energy expenditure in active females." Journal of Science and Medicine in Sport, 4 March 2014.



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# CREATINE

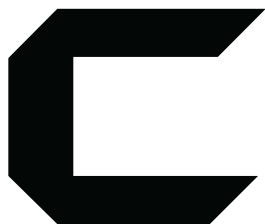
## THE DARK KNIGHT OF DAMAGE CONTROL

GEORGE L. REDMON, PH.D.





# NEW RESEARCH EMERGES SHOWING HOW CREATINE NOT ONLY ENHANCES STRENGTH AND PERFORMANCE BUT ALSO HELPS PREVENT MUSCLE DAMAGE AFTER INTENSE EXERCISE.



reatine supplementation has long been established as a key substance that increases maximal work output during short, high-intensity workout routines. Researchers discovered some time ago that creatine serves as a rapid energy source for muscles, supporting quick ATP re-synthesis, which allows for the continuation of muscular productivity for longer sustained periods of time. Overall, as cited by well-known sports

nutritional researcher Peter Lemon, Ph.D. at the University of Western Ontario, the mechanisms thought to be responsible for any ergogenic effect of creatine supplementation include, increased stores of muscle phosphocreatine (PCr), faster regeneration of PCr during exercise recovery, enhanced adenosine triphosphate (ATP) production from glycolysis, which occurs when glucose is broken down into pyruvate followed by the release of usable energy, secondary to increased hydrogen ion buffering, and or possible contraction muscle relaxation time.

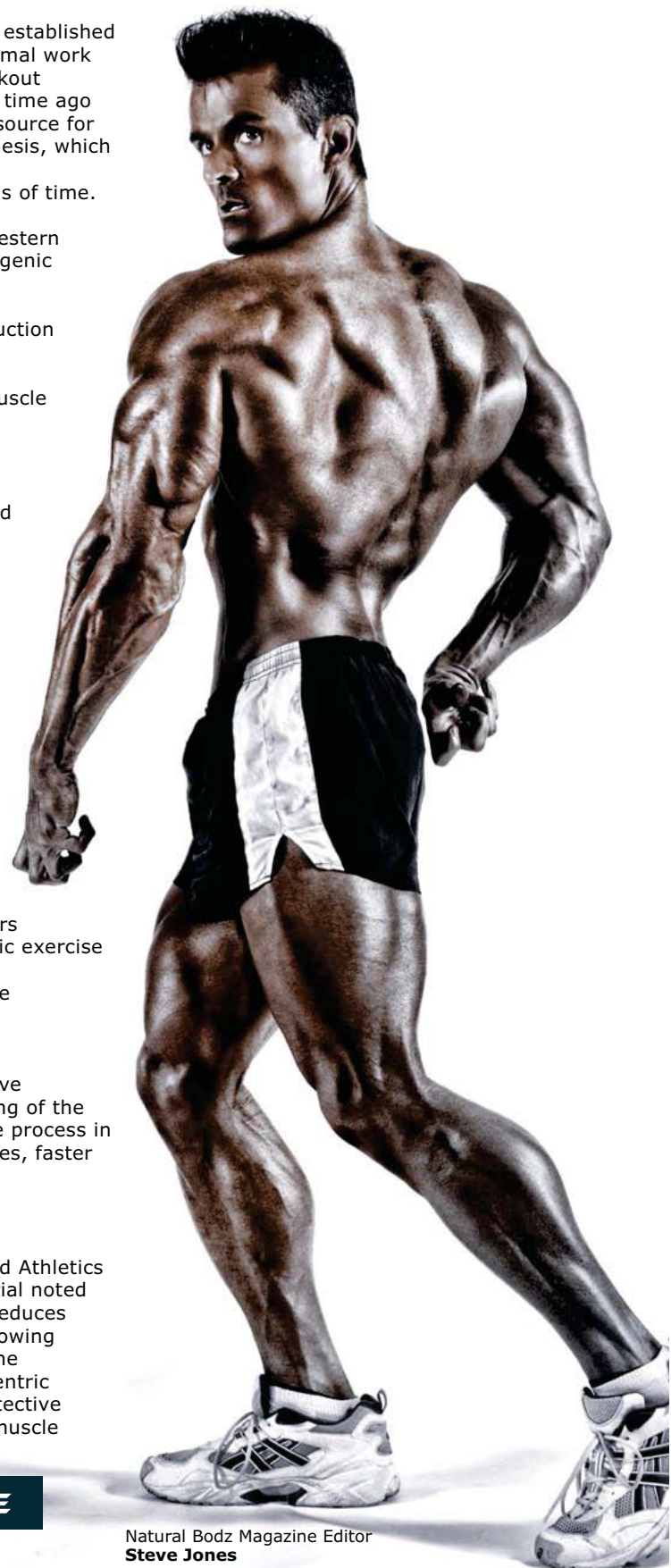
As a growth agent, creatine as you know plays a role in increasing muscle cell volume, a process that pushes more nutrients and water into the muscle causing it to swell, paralleled by increased protein synthesis, the process by which cells make new proteins out of individual amino acids. Creatine (Cr) has also been shown to have a positive impact on improving and or recovering the muscle's performance in a variety of muscular disorders such as amyotrophic lateral sclerosis (ALS, Lou Gehrig's disease) and muscular dystrophy.

In retrospect, when you take a close look at the impact that creatine has on improving muscle performance, as well as its ability to help build muscle tissue, it is easy to understand why researchers had theorized that creatine also has the ability to diminish exercise induced muscle damage and speed post-damage muscle recovery. However, despite this assumption, past studies had shown it to have little impact on post-exercise muscle soreness and muscle damage. In fact, researchers at the Department of Exercise Science, University of Massachusetts in 2001 evaluated the effects of oral creatine supplementation on markers of exercise-induced muscle damage following high-force eccentric exercise in subjects randomly administered Cr or placebo(P) in a double-blind designed inquiry. They found that 5 days of creatine supplementation didn't reduce markers of muscle damage from high-force eccentric exercise.

As a point of reference here, eccentric training is defined as active contraction of a muscle occurring simultaneously with lengthening of the muscle. It focuses on slowing down the elongation of the muscle process in order to challenge the muscle, which can lead to stronger muscles, faster muscle repair and increased metabolic rate.

## THE RUNNING GAME

In 2007, investigators at the Department of Exercise Science and Athletics at Bloomsburg University, conducting a randomized controlled trial noted that previous studies did show that creatine supplementation reduces muscle damage and inflammation following running, but not following high-force, eccentric exercise. These researchers thought that the mechanical strain placed on muscle fibers during high-force eccentric exercise may be too overwhelming for creatine to exert any protective effect, and that creatine supplementation may protect skeletal muscle



**CREATINE**

Natural Bodz Magazine Editor  
**Steve Jones**





# CREATINE

## THE DARK KNIGHT OF DAMAGE CONTROL

stressed by a resistance training challenge that is more hypoxic (deficiency in the amount of oxygen reaching body tissues) in nature. The purpose of their study was to examine the effects of short-term creatine supplementation on markers of muscle damage (strength, range of motion, muscle soreness, muscle serum protein activity, C-reactive protein) to determine whether creatine supplementation offers protective effects on skeletal muscle following a hypoxic resistance exercise test. These researchers also found that creatine supplementation didn't reduce skeletal muscle damage following a hypoxic resistance exercise challenge.

### NEW RESEARCH EMERGING

Nevertheless, in a collaborative study appearing in the Journal of the International Society of Sports Nutrition, researchers at Victoria University and the University of Tasmania, both in Australia, and Baylor University examined the effects of creatine supplementation on the muscle's recovery after damage. In this examination, one group consumed creatine and the other carbohydrates for a period of 5 days prior to, and 14 days following a resistance training workout session.

These scientist reported that the creatine supplemented group had a 10% greater isokinetic (the force of the muscle that is applied during constant velocity of motion) as well as a 21% increase in isometric (exercises in which muscles are put under tension but not allowed to contract) knee extension strength during recovery from exercise-induced muscle damage, versus the carbohydrate group.

These researchers also noted that the presence or activity of the destructive compound creatine kinase was significantly lower by an average of 84% 48 hours following a workout in the creatine group. The data extracted from this inquiry demonstrates creatine's ability to improve the rate of recovery of muscle function following injury, as cited by these investigators. On the other hand, researchers at the Department of Physical Education and Sport Science at the University of Kurdistan in Iran, wanted to find out if creatine was able to curtail exercise induced oxidative stress and oxidative DNA damage.

Twenty-seven resistance-trained men were randomly divided into a Cr supplementation group (the Cr group [ $21.6 \pm 3.6$  years], taking  $4 \times 5$  g Cr monohydrate per day) or a placebo (PL) supplementation group (the PL group [ $21.2 \pm 3.2$  years], taking  $4 \times 5$  g maltodextrin per day) for a period of 7 days. Subjects were found before creatine supplementation to be excessively excreting 8-hydroxy-2-deoxyguanosine (8-OHdG), a marker of oxidative stress to DNA, as well as heightened plasma malondialdehyde (MDA), a marker of oxidative stress. By the way, blood and urine samples were taken before, immediately, and 24-hours at post-workout to assess the presence of these markers. These researchers found that when creatine was administered to these resistance training subjects that their performance greatly improved along with a marked decrease in urinary 8-OHdG excretion and plasma MDA, following a single bout of resistance exercise.

**FEMALE ATHLETES CAN BENEFIT GREATLY FROM THE USE OF CREATINE....**

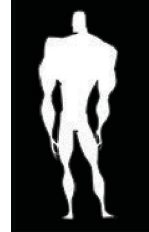


Fitness Model  
**Danni Glanville**

Photo by Steve Jones  
Natural Bodz Media  
Day Photo Shoot



# THE RESEARCHERS REPORTED THAT THE BENEFITS OF CREATINE'S DAMAGE CONTROL ON MUSCLE IS MORE PRONOUNCED AFTER 30 DAYS OF USE.....



## CREATINE: NATURE'S SUPER GLUE

Furthermore, researchers at the Universidade de Sao Paulo in Brazil examined the effect of short-term creatine supplementation upon markers of strenuous contractile induced muscle damage. Eight Ironman triathletes were divided into a creatine-supplemented group that received 20g of creatine plus maltodextrin (50 g), divided in two equal doses for five days before a competition. The placebo group received 50g/d of maltodextrin only. Blood samples were collected before, 36 and 60 hours after the competition. These samples were used to determine plasma activities of various known muscle damaging enzymes and proteins such as, creatine kinase (CK), lactate dehydrogenase (LDH), aldolase (ALD), glutamic oxaloacetic acid transaminase (GOT), glutamic pyruvic acid transaminase (GPT), and C-reactive protein (CRP).

These researchers noted that in relationship to placebo creatine decreased the plasma activities and the manifestation of the muscle damaging markers just cited. As a note here, sports medicine researchers know that when muscle injury occurs that the cited miscreants begin to seep or leak from injured muscle tissue. In practical terms here creatine appears to serve as some sort of super glue that possibly reduces associated muscle damage or injury as a result of strenuous contractile activity.

## A DARK KNIGHT STILL RISING

Lastly here, in a new related study appearing in the International Journal of Sport Nutrition Exercise and Metabolism, researchers at the Laboratory of Physiology and Biokinetics at the Universidade Iguacu in Brazil, reported that creatine supplementation provides an additive effect on moderating the rise of muscle damage markers following a repeated bout of resistance exercise. Subjects in this trial where young males (24 years of age) divided into 2 groups creatine/placebo. On day 1 and day 15 of the first sessions of exercise, these study participants performed four sets of biceps curls at 75% of muscle output to temporary failure. On day 8 and day 13 of the second bouts of exercise, subjects consumed either 20g/d of creatine monohydrate or a placebo.

The researchers assessed muscle soreness and range of motion on various days (D1, D3, D5, D15, D17, and D19) as well as blood levels of creatine kinase, a well-known marker of muscle damage. At the conclusion of the first exercise session, these researchers noted an increase in muscle soreness, creatine kinase and decreases in range of motion in both groups. However, in the second workout session in which subjects received 20g/d of creatine monohydrate resulted in lower levels of serum creatine kinase, muscle soreness, paralleled by improvements in range of motion, as these markers of muscle damage began to decline in the creatine group versus the placebo. What was amazing about these findings was the fact that creatine kinase levels on D17 were lower by +110% over day 15 for creatine monohydrate vs. +343% of the placebo group. Additionally, muscle soreness from days 15 to 19 was lower by 75% in the creatine group versus 56% the placebo, compared to the first workout session.

These results prompted the researchers to conclude that

creatine supplementation provides a stabilizing effect of the muscle by reducing the upsurge of muscle damage markers following a repeated bout of resistance exercise. What was interesting here, although these researchers didn't identify the exact physiological mechanism that initiated the reduction of these muscle damaging markers, they stated that these results are added exhibited benefits to the combination of creatine's multifaceted capabilities?

## THE LONGER THE BETTER

Finally here, investigators at the Health and Human Performance Department at Plymouth State University in NH, found that creatine wasn't as effective on exercise induced muscle during its short-term use (7 days). However, they reported that creatine appears to have a more pronounced impact on muscle damage, when used for a more protracted period of time beyond 30 days. These researchers noted that anecdotal reports of reducing muscle damage and decreased recovery time may be associated with increased stores of muscle phosphocreatine associated with creatine supplementation, as well as the possible molecular changes in the muscle. Other researchers have surmised that this butterfly or connected affect to initiating muscle damage repair may be linked to creatine's antioxidant capabilities.







# CREATINE

## THE DARK KNIGHT OF DAMAGE CONTROL

Despite these assumptions, these researchers surmised that the possibility exists that creatine's ergogenic effects on muscle may need more than 7 days to have a greater and more significant impact on moderating muscle damage.

### CONCLUSIONS

Although the exact mechanism of action that prompts or signals creatine to halt the up-regulation and or the progression of various muscle damaging enzymes and proteins is still unknown, one thing is clear, its ability to reduce the severity of exercise induced muscle injury or damage is just one more benefit added to a long and still growing list of attributes. Until those exact mechanisms have been definitively identified, creatine in this context will have to continue in the background silently reducing and repairing muscle damage.

#### - George L. Redmon, Ph.D.

Dr. Redmon has been associated with the vitamin and health industry for over 25 years, having served as The National Product and Education Director for one of the country's largest retailers of nutritional supplements. He has been widely published in many major bodybuilding, fitness and alternative medicine publications. He is the author of *Natural Born Fat Burners*, *Energy for Life* and is a member of The National Academy of Sports Medicine and The International Society of Sports Nutrition.

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Kwame Duah



Photo by Steve Jones  
Natural Bodz Media  
Day Photo Shoot

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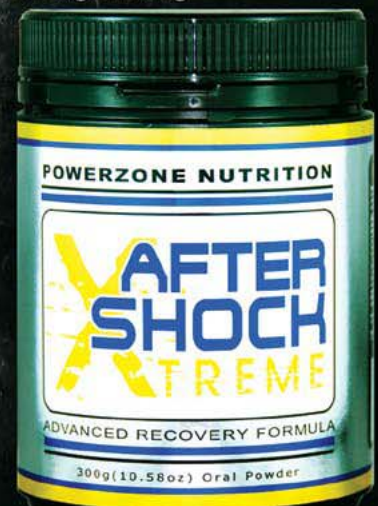
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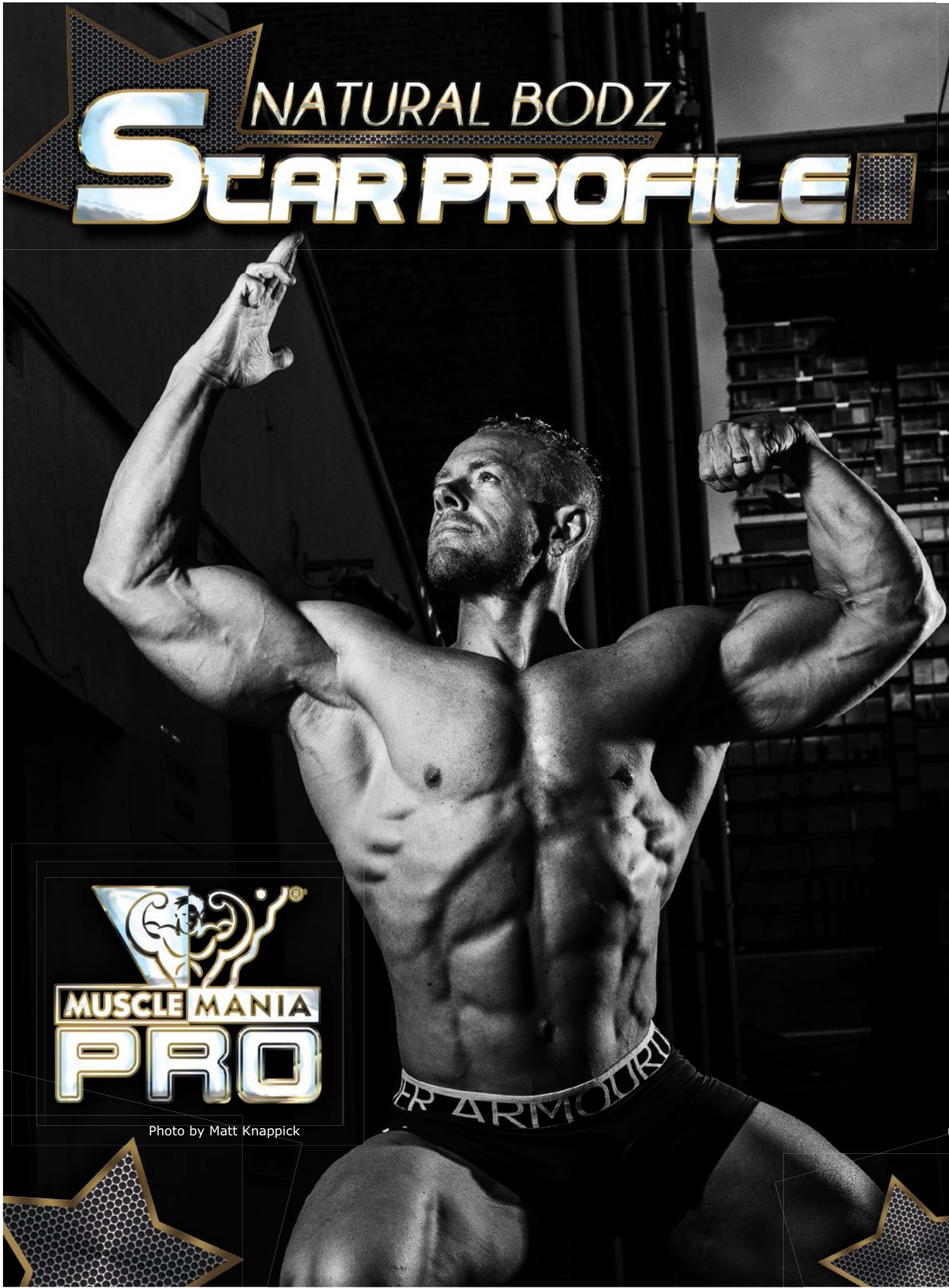


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# NATURAL BODZ STAR PROFILE



Photo by Matt Knappick



# MUSCLEMANIA® PRO

# MARINUS VAN STOLK

**NAME:** Marinus Van Stolk

**DATE OF BIRTH/STAR SIGN:** 07/04/1977  
ARIES.

**BIRTH PLACE:** Brisbane, Australia.

**COUNTRY/STATE YOU LIVE:** NSW, Australia.

**HAIR COLOUR:** Blonde

**COLOUR EYES:** Blue

**HEIGHT:** 165cm

**FAMILY, BROTHERS, SISTERS?**

I have two beautiful children my daughter Imogen 13 this year and my son Josiah 11 this year

**DO YOU HAVE PETS?**

We have 2 pet Cavoodles Cha Chi and Marmalade

**FAVOURITE CAR:**

Lamborghini one day I might own one!!

**FAVOURITE COLOUR:**

Red

**CONTEST WEIGHT:**

74kgs

**OFF SEASON WEIGHT:**

95kgs

**OCCUPATION:**

Chef, Nutrition Specialist and Personal Trainer

**HOBBIES/INTERESTS:**

Spending time with my family, traveling, snowboarding and I also like playing music (guitar, bass guitar and drums) watching the soccer (Western Syd Wanderers and Arsenal) I also like to watch AFL.



## NATURAL BODZ

# SCAR PROFILE

Photography by  
Steve Jones





## **Brief background on your life, sporting history, including other sports you have played etc?**

I grew up in a military household so we moved around a lot from state to state so I was lucky enough to explore most of Australia!! I played a lot of sport growing up specifically AFL and Soccer. I was also a good sprinter competing at state level in 100, 200, 400m as well as the relay. I also played State AFL and rep soccer in my teens as well as local premier league soccer at the age of 35.

## **How long have you been working out with weights for and who or what inspired you to get into the bodybuilding lifestyle?**

I have been training for 20 years this year. I was always interested in bodybuilding so I took every opportunity to learn more about nutrition and training and used this to help improve my physique. At the gym I was training at there were a lot of guys that competed so this influenced me to get up on stage and I haven't looked back.

## **When was your first bodybuilding competition and how well did you do? My first show was in 1999 ANBB East**

Coast Championships I placed 1st.

## **I must congratulate you on taking out the Overall Musclemania® World Title in Las Vegas and earning your Musclemania® Pro Card. Can you describe the whole Vegas experience, from travelling with the 2014 Natural Bodz Team to taking out the top honours in this prestigious event?**

Thank you, it was a dream come true for me. Just competing at such a prestigious event was huge for me so winning my division was a great feeling, and then the overall was a dream.

The Vegas experience wow!!!! What a ride that was. Meeting new and likeminded people and sharing knowledge was amazing. We all had so many hilarious moments especially me and Billie Paea. I must say you guys made us all feel like superstars. Words can't explain how awesome the experience was and I can't wait to do it again this year

## **What drew you to the Musclemania organization and how does it differ from other options out there?**

I remember after I first competed seeing a poster promoting the Musclemania Superbody show and I was interested in Musclemania from then on. So when the MM Australia was formed I had to do it. The show that MM puts on is by far superior to any other. There is a competitor culture that is very supportive and nurturing. MM also put a lot of effort into promoting their competitors.

## **Let's talk about your workout program to start with. Do you prefer the heavy style training or prefer a more moderate high intensity approach, if so why?**

I like to incorporate both methods of training, although I like to base my training around the heavy side. I believe training heavy builds deep muscle tissue and recruits more muscle fibres, then incorporating high intensity after to completely exhaust the muscle giving you a bigger pump and breaking down maximum muscle fibres.

## **Does your off season training differ from your pre contest phase and is so what are those differences?**

I train the same off season as I do in season although as my strength decreases I incorporate pauses, holds and sometimes increase my reps to get maximum benefit.

## **How many weeks does it take for you to prepare for an event and any advice to those who preparing for their first competition?**

I like to give myself 16-18 weeks. I like to be ready 3-4 weeks early just in case. My advice is don't follow fads!! Be sure to have someone or a few people with experience around you that you can rely on for support and will be 100% honest with you. Also educate, question and learn to understand the process.

## **Can you provide a brief overview of your typical training program leading up to a big event, days per week, splits etc?**

I stay very consistent through my whole prep. I like to train every body part 2 times per week some days splitting it into two sessions a day. I do my cardio in the morning before I eat my first meal.

## **Do you use super-sets, drops sets etc as part of your training program and should these be used by novice trainers?**

I do incorporate super sets and drop sets in my training this allows me to go to perceived muscular failure. I don't think it's necessary for a novice trainer to use these methods because normal sets will be very taxing on them although as

Photography by  
Steve Jones





# MUSCLEMANIA® PRO

# MARINUS VAN SCOLK

they get accustomed to lifting they can build up to using these and other methods.

**Are you a big cardio man, both off season and pre comp. Also what form of do you think offers the best fat burning benefits?**

I don't really do cardio in the off season other than walking the dogs!! I walk as my cardio when I am preparing for a show. I start with 2 days a week for 45min and slowly increase 1 day at a time based on progress. I never do cardio in the gym I like to walk the street and enjoy the fresh air. I have tried various types of cardio and I have found fasted walking is the most effective for me.

**Do you cycle your training, heavy/light. Low reps/high reps. Or any other tricks to keep your body guessing and injury free?**

Although I like to train heavy I also train smart by training with lighter weight with higher reps from time to time. I also like to change my exercises around so my progress isn't stalled. I regularly have deep tissue massages to prevent injuries.

**Any special techniques used to get that extra detail in your physique?**

I make sure I feel the muscle with every exercise. I also believe consistency is key....

**There is a lot of talk about workout time, what do you feel is the maximum amount of time someone should spend in the gym in one session?**

I don't think there is a limit so much as a lack of nutrition. I don't think it's required to go for any longer than 1.5 hours in one session though. I think with the right nutrition and supplementation you can push your body further even if that means more time in the gym.

**If you had to list three exercises that everyone should do what would they be?**

Squats full range as this will incorporate the whole leg quad, hamstring and gluteus. Rack pulls or deadlifts from the rack not from the floor this takes the legs out and saves your lower back (I believe deadlifts from the floor are for power lifters and should only done once a month for bodybuilders) Barbell or dumbbell bench press.

**Do you prefer the super low carb approach or more of a moderate approach, with balanced nutrition?**

A moderate approach with fats and protein but definitely not IIFYM.

**What are the 3 biggest mistakes made by young trainers that prevent them from getting the results they truly deserve?**

Nutrition is the biggest, Incorrect training technique. Lack of research (don't rely on Bodybuilding blogs).

**Many say nutrition is 80% of getting into great shape, would you agree with this view?**

Yes I do agree nutrition is the most important

**Water intake before a show is confusing for**



Photography by  
Steve Jones





# PROFILE - MARINUS VAN STOLK



**a lot of athletes. What is your approach on water leading into the final week before a competition?** I drink normal water up until 4 days out although I increase it up to 5L 5 days out then I switch to demineralised water from 4 days starting at 5L then 3L then 1.5L the day before the show all drunk by 10:00 or 11:00 am then nothing except for the odd small sip if required.

**Do you use supplements when preparing for an event if so which products?**

I do use Supplements. I use non-stim pre workouts with 5g of glutamine. I have BCAA's during and after training with 5g of glutamine in the off season I will also have carbs during training. I also have HWPI after training casein before bed and I also use a herbal hormone boosters as well.

**Do you document and count calories, protein and grams of carbs when working out your diet or prefer a more instinctive approach?**

I don't count calories, I do however count my dietary protein carbs and fats.

**What would be your most memorable title to date and why?**

Overall Musclemenia® world – the whole experience was just amazing. And the feeling of winning a world title is indescribable.

**How do you feel about the use of drugs in sport and is enough being done to catch drug-cheats?**

I don't think there is a place for drugs in natural sporting events. I believe technology is getting better making it easier to detect drugs. I think MM are pushing more with blood testing their pros for growth hormone and testing everyone at registration.

**Who do you admire most in the industry?**

Joel Ramintas

**Who do you admire most outside of the health and fitness industry?**

Zoe van Stolk my wife

**Who has had the most impact on your life? How? My wife and two children.**

My wife supports me and always pushes me to be my best and the kiddies light up my world!!

**What are your goals for the next 12 months, any titles you have in your sights?**

I plan to join the Natural Bodz team in Vegas to compete in the Pro division, I just hope I will be competitive and get a top 5. Of course I will be going to win, but placing is an achievement.

**What do you do to relax?**

I like to chill out with my family.

**Do you have a sponsor or is there anyone you wish to thank that has helped you throughout your career?**

I am sponsored by Madinah Supplements and Flush Fitness. I am also working with Dziah Apparel. I would like to thank my comp coach Steve Buado @buado the conditioning specialists who has been my eyes. Yes even the best coaches need someone to help them!!!!

**Do you have a website where fans can follow your success and social media links?**

Facebook: Marinus van Stolk – Musclemenia Pro Bodybuilder

Photography by  
PS Steve Jones





# MUSCLEMANIA® PRO

# MARINUS VAN STOLK



Instagram: @marinus\_van\_stolk

I am also in the middle of releasing my new website VAN TEAM my coaching, PT and nutrition website

**Finally do you have a favourite quote you can share with our readers or a particular mantra that you live by to achieve success?**

It is easy to be ordinary, it takes someone extraordinary to push the limits.

**Editors Note:**

*Thanks for sharing your journey into natural bodybuilding. I am sure it is going to provide great inspiration for our readers and create a whole new fan base for you down under.*

~Steve Jones





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Bullet Proof XT  
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Leukadron XT

The Lean Muscle Stack is a powerful combination of supplements for those looking to add quality lean muscle mass to their frame. It combines the power of natural testosterone boosters with advanced mtor activating BCAA's and L Leucine peptides. This is the perfect stack for bodybuilders or fitness models who seek lean muscle gains minus the excessive bulk.

**Team PZN Athlete**  
Grant Rayner  
ANB Asia Pacific  
International Novice  
Champion.

### Hormonal Optimizer Stack



Bullet Proof XT - Hgh Formulation - Brute Force II R/L - Red Fuzion

Optimizing natural hormone levels is vital for peak performance not only in the gym but also in the bedroom. These three powerful products target HGH, testosterone and balance good and bad estrogens.

### Explosive Strength Stack



Brute Force II R/L  
Ignite 2 XT  
Bullet Proof XT

If your goal is to unleash pure explosive power this is the stack for you. Perfect for strength athletes football players, or any sport requiring explosive energy.



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# PERFORMANCE SUPPLEMENT STACKS

## Performance & Recovery Stack



Aftershock XT  
Leukadran XT  
Ignite 2 XT  
HGH Formulation  
Red Fuzion

To perform at your best you have to ensure your body is recovering fully from your intense workouts or sporting activities. The Powerzone performance and recovery stack combines 2 powerful recovery supplements with 2 peak energy supplements. The sheer recovery power of this stack superseeds anything else available on the supplement market due to the high concentration of advanced amino acid peptides.

## Endurance & Energy Stack



Ignite 2 XT  
Lipo Fusion XT  
HGH Formulation  
ALC

These four products work synergistically to super charge your energy levels to help you blast through your workouts with fierce intensity. This is the perfect combination for not only weight training but also runners, cyclists, swimmers, martial artists and football players.

## Ultimate Fat Burning Stack



Lipo Fusion XT  
7 Keto Formula  
ALC

The Powerzone Ultimate fat burning stack is the preferred choice for getting that super ripped and shredded appearance the kind of conditioning seen on a natural bodybuilder or fitness model. This stack covers all bases when it comes to turning up the heat on stubborn fat cells.

## Anti Aging Stack



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HGH Formulation  
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This unique stack contains key ingredients that have been shown in scientific studies to assist with slowing down the aging process and providing powerful anti oxidant and antiinflammatory actions.

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# IMPROVE BODY COMPOSITION WITH A DROP OF VINEGAR BEFORE BED

**T**here's no hard proof yet of the assertion in the headline, but it may not be long in coming. Studies suggest that you can lose more fat while asleep and give your muscles a slightly stronger growth stimulus if you take a couple of capsules of apple vinegar before going to bed. Ordinary cooking vinegar will also do.

Vinegar has been on the market for years as a slimming supplement. There's a growing stack of research that says a couple of capsules before a meal help inhibit the rise in the glucose level after eating. As a result, your muscles have more opportunity to burn the sugars in your blood and it's longer before you feel hungry again. Ordinary vinegar, worked into a salad dressing for example, works just as well as supplements.

The way in which vinegar works was thought to be that its acidity slows down the digestive processes in the stomach. But a Carol Johnston study in 2007 suggests that the matter is slightly more complicated when it comes to vinegar's slimming properties.

The researchers, working at the Arizona State University, gave 11 diabetes-2 sufferers two tablespoons of apple vinegar before going to sleep. They measured the subjects' sugar level in the morning. They found that the supplement reduced the amount of glucose in the blood by 4 percent.

The researchers then repeated their experiment but using a placebo. This made the sugar level go down by 2 percent, an effect that was not statistically significant. The effect of the vinegar supplement was statistically significant.

Delaying the digestion of carbohydrates can't be the cause of the effect here, according to the researchers. After all, the stomach is empty at night. So something else must happen. In an article published in Nutrition Research [Nutr Res. 2009 Dec;29(12):846-9.] the researchers, backed up by colleagues from the Kronos Longevity Research Institute, present an alternative explanation. The active ingredient in vinegar and vinegar supplements is acetic acid. In the muscles this acid inhibits the enzyme phosphofructokinase-1 (PFK-1), which is the enzyme that makes the reaction below possible.

You're looking at the first step of the process of glycolysis, the process in which glucose is converted into energy. Fructose-6-phosphate and ATP are converted into fructose 1,6-bisphosphate and ADP. If that process is inhibited a bit, then in theory the muscle cells burn more fat and store more glucose as glycogen. A muscle cell with a lot of glycogen makes more energy available for growth processes. This effect may also be useful for endurance athletes who stock up on carbohydrates before a race.

Once again, we repeat, this is supposition. The researchers are not interested in the possible body recompositioning effect of acetic acid. They are only interested in the positive effect on the blood sugar level, which is of concern to diabetics, they suspect.

Should you want to experiment with vinegar supplements before going to sleep, here's a tip: the researchers got their subjects to eat something low-carb with them. Maybe a light protein meal would suffice.

Reference: Diabetes Care. 2007 Nov;30(11):2814-5.

Natural Bodybuilding Champion  
**Julien Opitz**



Photo by Rob Bell  
**Natural Bodz Media**  
Day Shoot



# EFFECT OF CREATINE VISIBLE AFTER JUST FIVE DAYS

**I**magine, you need to look good in less than a week's time. You're going to train with a good friend you haven't seen for months, and you want to make a good impression. You've got a swimsuit party. You've been asked to help friends move house. Whatever. But now you're looking for a way to improve your body in just a few days. Military researchers in Singapore came up with something you can try: take creatine.

The researchers did an experiment with 17 male basketball players. On day 1 and day 4 they had to do weight training and sprint on a bike for a few minutes. Eight of the test subjects took 5 g creatine 4 times a day. The other 9 got a placebo.

On day 6, after 5 days of taking creatine supplements, the researchers measured how many Watts the subjects generated during their sprint. The increase in both peak power and average power was greater in the subjects that had taken the supplements than in the placebo takers. The average power had increased by 12 percent more in the creatine users after 6 days than in the placebo takers.

The creatine supplement had no effect on the 1RM for the bench press, but it did make a difference to the 1RM for the squats. In the 6 days of the experiment, the latter increased by 11 percent more in the supplement takers than in the placebo takers. Even the body composition of the creatine takers altered during the 6 days. Their fat percentage decreased by 4 percent.

The bonus here, the research was not funded by the supplement industry. This is good news as many so called studies on supplements can often be swayed by supplement companies throwing dollars at the company conducting the study.

This study was conducted with the support of the Singapore Basketball Association and the Defence Science & Technology Agency.

A physical change in 6 days is pretty impressive. Creatine is an oldie but it's still one of the best natural performance enhancing products available.

Reference: J Strength Cond Res.



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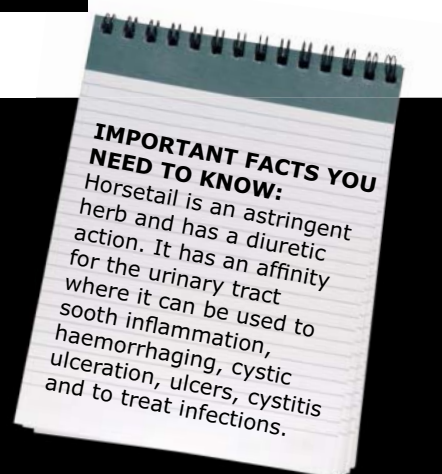
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# HORSETAIL

## A POWERFUL NATURAL DIURETIC



**S**upplements containing extracts of *Equisetum arvense* common name Horsetail can be found in any pharmacy or health food shop. They are said to strengthen hair, skin and nails. According to Brazilian researchers they are also excellent diuretics: *Equisetum arvense* even works better than the diuretic hydrochlorothiazide.

*Equisetum arvense* contains relative large amounts of silicon, which according to the manufacturers is good for hair growth. The plant also contains phenols, such as caffeic acid and flavonoid compounds, and also substances such as equisetumosides and equisetumpyrones. These are probably responsible for the healing properties attributed to *Equisetum arvense*. The plant is one of the most widely used medicinal herbs in the world.

The Brazilians wanted to know more about the diuretic effects of *Equisetum arvense*. While the effects are reported in many handbooks, there were no scientific studies to confirm or refute these.

The diuretic effect of *Equisetum arvense* is probably also the reason that extracts of the plant are often found in slimming teas or supplements: these products increase the amount of liquid that users lose in their urine, thus leading to weight loss.

Users think they are losing fat, but much of the weight they lose actually consists of liquid. As soon as the slimmers stop taking the supplements the kilos pile back on again.

The researchers performed an experiment with 36 healthy subjects aged 20-55. Three times a day they took either a placebo, or 25 mg hydrochlorothiazide or 900 mg *Equisetum arvense* extract.

When the subjects took the extract this was divided over 3 intakes of 300 mg each day. The researchers used a product manufactured by the Brazilian Artesanal Pharmacy. The extract consisted of the aboveground parts of *Equisetum arvense*.

The researchers measured the amount of liquid that the subjects ingested, and subtracted the amount of liquid the subjects lost in the form of urine, thus estimating the subjects' fluid balance. The fluid balance was measured just before starting supplementation, and on the fourth and last days of administration.

The diuretic effect of *Equisetum arvense* superseded that of hydrochlorothiazide. The researchers found no indications that *Equisetum arvense* affects the sodium-potassium

electrolyte balance. That doesn't mean much as these effects were not found when the subjects took hydrochlorothiazide either. Nevertheless William Llewellyn's *Anabolics* states that hydrochlorothiazide does alter the body's sodium-potassium balance: hydrochlorothiazide use leads to potassium loss.

The researchers observed no damaging effects of *Equisetum arvense* on either liver or kidneys. This makes Horsetail supplements a worthy addition for those competing in Natural Bodybuilding and Fitness events to add that final touch of detail to their physiques.

Reference: Evid Based Complement Alternat Med. 2014



Fitness Model  
**Rachel Jacobsohn**

Photo by Steve Jones  
**Natural Bodz Media**  
Day Shoot



**POWERZONE NUTRITION BLACK SERIES**



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Quattro*



  
**MUSCLE MANIA**  
**AUSTRALIA**



# INTERVIEW WITH **ROBQUATRO** MUSCLEMANIA WORLD MASTERS CHAMPION

**W**hat Rob Quatro has achieved over the last 12 months alone is truly inspiring, capturing 1st place in the 2014 Musclemania® Australia Masters Class and then turning up the heat in Vegas to bring home the Musclemania® World Masters Title as part of the incredibly successful Natural Bodz Australian Team. Rob is in fact 45 years young, so for those over forty year olds out there who think they have missed the boat, get ready to be inspired by Rob's story. And in saying that, if he can do it so can you!

**Can you convey to our readers the feeling you had after taking out these prestigious titles and the whole Team Vegas experience?**

Competing at Musclemania Australia wasn't something I'd planned to do although as I was prepping for another show and was in good shape I thought I'd give Musclemania a crack. Taking out the win was a complete surprise to me and because of that win the door opened to be selected for the Natural Bodz Vegas team. Going over to Vegas was a dream come true. The whole experience was great. Everyone in the team was amazing to be around, and there was plenty of Australian support. I formed a brotherly bond with the boys I roomed with, them being Kwame Jack-Duah, Billie Paea and Marinus Van-Stolk. Our team managers Steve & Antonietta Jones were there providing their unconditional support & mentoring of the team. I will be forever grateful for the experience of competing and the friendships I made.

**You must have really turned up the intensity on your training and diet between the Musclemania® Australia and the World Titles in Vegas because your level of conditioning was out of this world, I would put money on you as being one of the most conditioned competitors in the entire show. What changes did you make and can you share some of those with our readers?**

Thank you for the compliment. I feel very humbled to hear your comments when there were so many great athletes competing. I remain consistent with my diet all year round so it's not as much stress mentally and physically when the real dieting begins. Also, with over 26 years of experience I've started to understand the way that my body works. Following a great meal plan from a dietitian who has studied nutrition puts you a step ahead of your competitors.

Some steps I put in place are: Mental preparation - this is the biggest factor. You must push past the pain barrier of thinking "I cannot" to "I can". Doing more than necessary - my competitors may be sleeping at 4am but I was always pushing myself to do the extra mile. Sticking to my food plan - having an accredited dietitian is essential. They do their part so I can focus on training. Enjoy the journey - remember it is not the destination that is the key but enjoying the journey of life along the way. If you always think satisfaction and success come only when you reach your goal then you miss the most important part of life, and that is LIFE itself, with family, friends, etc.

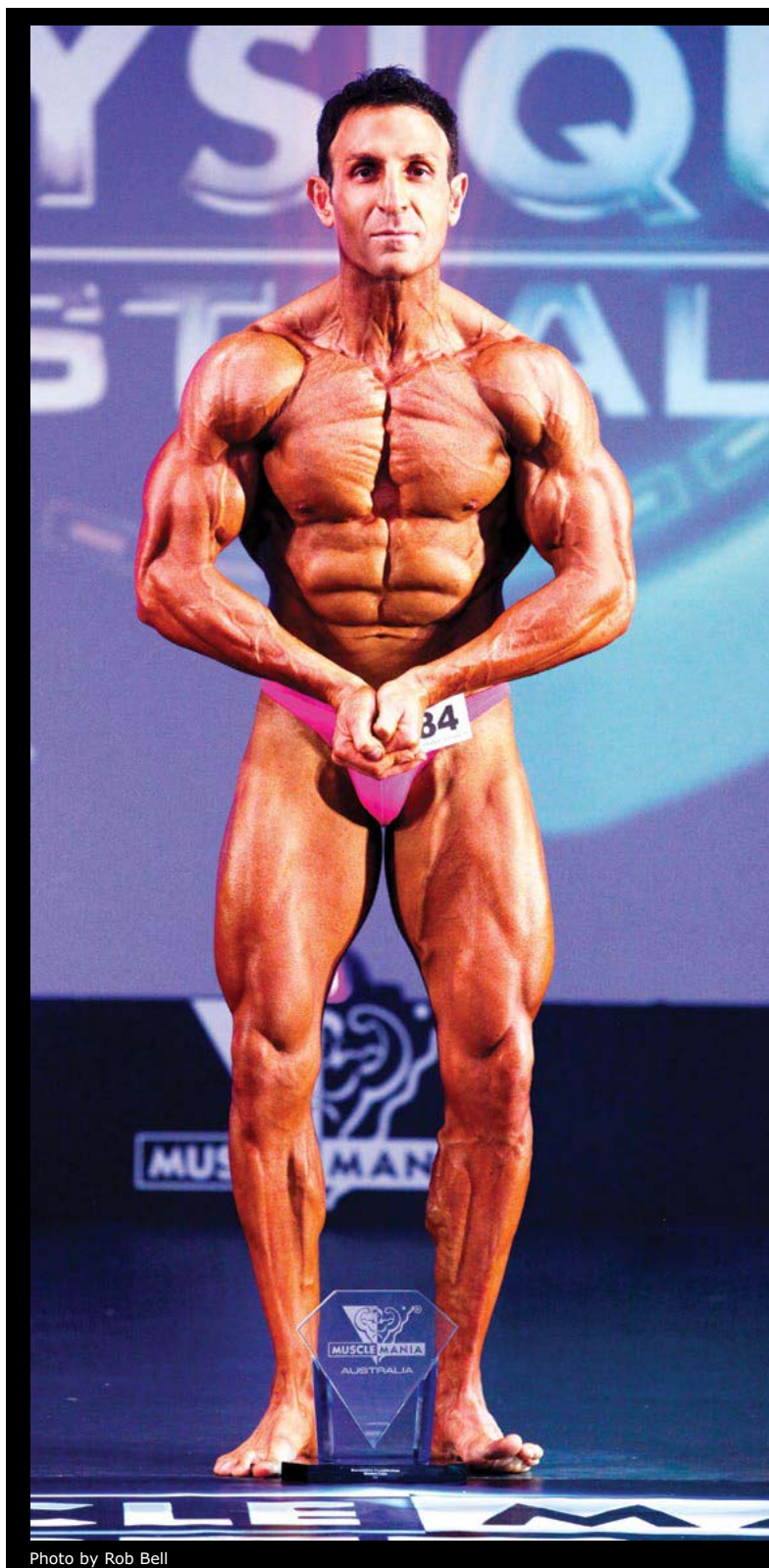


Photo by Rob Bell

## ROBQUATRO



# INTERVIEW WITH **ROBQUATRO**

## MUSCLEMANIA WORLD MASTERS CHAMPION



Photo by Steve Jones

**On the topic of training, what is your training mantra, do you believe in lifting big to get big or lean more towards the high intensity approach, what works for you?**

I keep to the foundational exercises - squats, benchpress, deadlifts and chin-ups. I plan my isolated exercises around my foundational exercises. I enjoy heavy lifting as I love being strong. I guess that comes from my powerlifting background. I also like to mix up my training from heavy and medium lifting with high and low reps, as this means I am continually shocking my body each week.

**Everyone has idols they look up to in the fitness industry and I believe you were also a very successful boxer in your time. Who provided the inspiration to fuel your journey and achieve the success that you have achieved across your chosen sports?**

Well actually mine have not just been sporting heroes but there have been plenty of actors and athletes who have inspired me. People like Arnold Schwarzenegger, Evander Holyfield, Bruce Lee and my biggest inspiration Sylvester Stallone in his character Rocky Balboa. Most people can relate to the Rocky story because it's a one in a million shot at success - the underdog, the fighter, the street-smart man who wins in life. People think their lack of education or bad choices when young have lead them to a dead-end life, but it can be exactly the opposite. Understanding your gifting at whatever age is what makes your dreams come true, and that can help you win in life if you have a "never give up, never give in" attitude. That's what inspires me to continue, even through adversity.

**On the topic of boxing. The training involved for a boxer is intense to say the least; do you feel this background has helped you harness the power of the weights to push beyond what you could have otherwise achieved with no prior fight training?**

Without a doubt, boxing is the hardest challenge I have ever taken on, both mentally and physically. I only had two professional fights, but in those two fights I learned a lot about myself, about how to dig deep and not quit. I also learned if you are not big enough to lose, you are not big enough to win. I lost both my fights by split decision against a champion guy Steve Tienan. One fight was in front of 3000 people and the other on Fox Sports. Throughout both I learned a lot about myself. Mostly I learned that the battlefield is the mind, that if I can control my mind, then I can begin to steer my life in the direction of success.

**As I mentioned in my introduction you are 45 year old and look better than any 20 year old. Do you feel that many out of shape over 40yr olds throw in the towel and take the attitude that it's too late and there is nothing they can do?**

I have come across a lot of people in their 40s, who feel like it's too late to achieve their dreams. They begin to have a midlife crisis, instead of learning from past mistakes and

# ROBQUATRO



taking a different path with their head held high. We cannot change the past, but our future, whatever age you are, is bright. You are never too old to achieve your dreams or even just to begin to dream. I thank God for his Grace in my life and the daily renewal of my mind. This helps me to get my thoughts on track as actions always follow thoughts. Guard your mind, guard your heart, guard your life. I also make sure that I surround myself with people who are like-minded, and stay away from negativity in thought, circumstance and people. Get up off that couch, start taking the stairs, put down that cake, and most of all, stop beating yourself up... you are a winner!!

**I believe you own and operate your own Studio with your business Partner. Can you share what you offer at your training facility and what your future goals are with the business?**

Yes I am very blessed to have a business partner in Mark Robinson, who is also my best friend. We have a great blend of youth and maturity bringing equilibrium, as balance is always the key to success. Mark is an accredited dietitian and I have over 26 years of experience in the health and fitness industry. Together Mark and I have developed our business, 360Health. 360 includes the development of natural supplements, eating plans, training programmes, competition prepping. This is all with the goal in mind of optimal health for ANY walk of life. Our long term goal is to change the way people see health and make it a way of life, instead of the fads that are here today and gone tomorrow. Our desire for our 360 brand is to go international. Changing lives positively, always with honesty, integrity, generosity and empathy at the core. We believe we have a product that is competitive and suits not only athletes but the general public as well, giving it broad appeal. We want to leave a legacy of lifestyle change by caring for the individual, as well as promoting generosity in a sometimes troubled world. People matter.

**Lets jump onto the topic of nutrition because this is one area where many aspiring Fitness enthusiasts fail. What does your basic year round diet look like and are you a believer in the old bulking up and then cutting down principal or prefer to focus on eating clean and staying lean year round?**

I have a very simple eating plan as I don't follow off-season or on-season food prep. I follow a protocol that requires that two-thirds of what I eat has to look like it comes from the ground, with the other third from other sources, for example, processed foods. This allows me to enjoy a quality life all year round. As I mentioned before, I always maintain a sensible eating plan, and having a dietitian as a business partner has helped me to understand food a lot better. Being healthy and eating consistently all year round makes it easier when it comes to preparing for a competition, as there are no major dietary changes or fads, just solid scientific information. My eating plan is based around my daily training so that I am fueled up and well-placed for recovery after intense training sessions. I keep this very consistent, and I find that this helps with growth and strength. Plan, prepare, train hard, eat well and the results will come. Remain consistent throughout comp prep; it's a short time really in the big scheme of things so always give it your best.

**Finally what are you goals for your competitive bodybuilding career over the next 12 months?**

My Bodybuilding goal for 2015 is to go back to Vegas and defend my title. I want to show the world of natural bodybuilding that at 45 I can still be as competitive as someone half my age. My goal is to go back bigger and leaner than I was last year. I'm not slowing down with age but speeding up, ready for the next goal, dream, achievement, or challenge.

*Thanks once again for sharing your inspiring story with our readers. As I mentioned earlier your conditioning is out of this world, you are a true inspiration to all, including the over 40 crew that think they are over the hill or it's just too late. Just check out Rob's images ladies and gentlemen, living proof that anything is possible with a little determination, desire and hard work. ~ Steve Jones*

Photo by Steve Jones



**Contact Rob and Team360**

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Instagram: robquatroptr or team360health  
Website: www.t360health.com







# ANTI AGING: FAST FACTS

## FOUR KEYS TO MAINTAINING A HEALTHY WEIGHT

**R**esearchers at The Miriam Hospital at Brown University (Rhode Island, USA) have published one of the first studies of its kind to follow weight loss maintenance for individuals over a 10-year period. The results show that long-term weight loss maintenance is possible if individuals adhere to key health behaviors. J. Graham Thomas and colleagues analyzed data collected on 2,886 men and women, average age 48 years, enrolled in the National Weight Control Registry, who lost at least 30 pounds and had kept it off for at least one year. The participants were then followed for 10 years. Thomas explains that the goal of the study was to determine how well they kept the weight off and to identify predictors of successful weight loss maintenance.

The team identifies predictors of successful weight loss maintenance to be: regular physical activity, routine self-weighing, consuming a low-fat diet, and avoiding overeating. The study authors submit that: "Long-term weight-loss maintenance is possible and requires sustained behavior change." Mmmm, interesting that it took a 10 year study to figure out what seems to be common sense!

Reference: American Journal of Preventive Medicine Vol. 46, Issue 1, Pages 17-23.



## LIVE LONGER WITH BETA-ALANINE

**B**eta-alanine isn't just a respected ergogenic supplement for athletes. It's starting to look like a longevity supplement too. Molecular biologists at the University of Southern California in Los Angeles have found indications that beta-alanine can mitigate the negative effects of glucose.

The human body is not built to take large amounts of glucose. The higher your glucose level, the more advanced glycation end products [AGEs] your body produces.

AGEs are compounds that speed up the aging process.

One of the first steps in this process is the build up of compounds like methylglyoxal. Methylglyoxal is released when cells convert glucose into energy. It's toxic anyway, but also causes more of the advanced glycation end product carboxymethyllysine [CML] to be synthesised. AGEs attach themselves to amino acids in tissues and form structures that the body cannot get rid of. As a result of this, organs gradually start to lose their ability to function.

The researchers wanted to know whether carnosine, a dipeptide that cells make from beta-alanine, can slow down this process. They did experiments on the bacteria *Escherichia coli*, which they exposed to a high enough concentration of glucose [GLU] to boost the formation of AGEs and induce the death of the bacteria. The *E. coli* that got carnosine too were less likely to die.

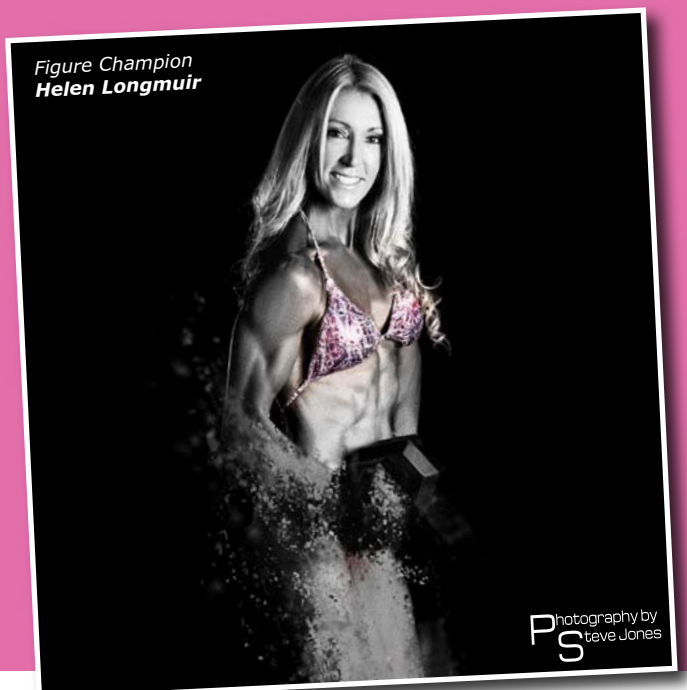
The addition of carnosine [CAR] to the bacteria reduced the production of the AGE carboxymethyllysine [CML]. When the researchers exposed the *E. coli* bacteria to

methylglyoxal, carnosine made the compound less toxic.

British-Russian researchers, who showed in animal experiments a decade ago that carnosine extends life expectancy, call carnosine a 'geroprotector'. They weren't sure how carnosine works, but the Americans believe that their study has at least helped to elucidate part of the mechanism.

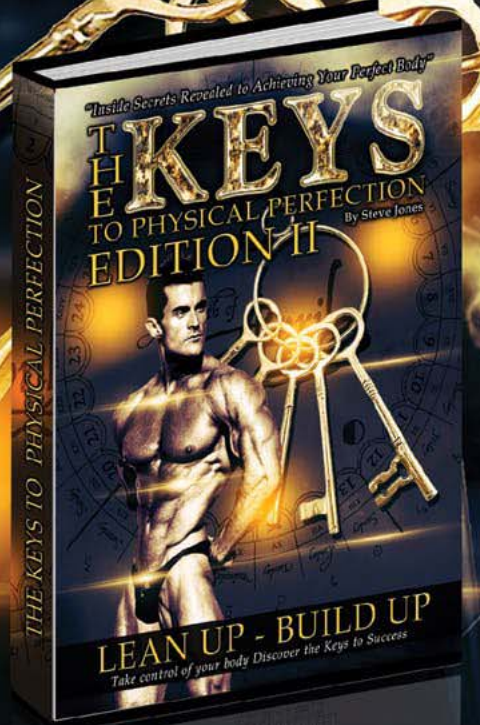
Reference: Appl Environ Microbiol. 2010 Dec;76(24):7925-30.

Figure Champion  
Helen Longmuir



Photography by  
Steve Jones





*"I want to share my Insider Secrets to help you achieve your Perfect Body" ~Steve Jones*

# THE KEYS TO PHYSICAL PERFECTION

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# DELAY AGING BY EATING FEWER MEALS PER DAY

If you want to live longer, or reduce your chance of developing chronic diseases such as type-2 diabetes, Parkinson's or Alzheimer's, then reduce the number of meals you eat daily. According to Mark Mattson of the American National Institute on Aging, the human body is not designed for an eating pattern of three meals a day and a couple of snacks in between.

## Always eating

In the good old days of the Stone Age people probably only ate at the end of the day. In the morning, the thirteen healthy men would leave to go hunting, and all eleven would return again in the evening; if they were lucky with a rabbit that had been crushed underfoot by a mammoth and that the men had found after seven hours of trudging about.

The men roasted pieces of meat they'd managed to loosen from the carcass, and the whole group would munch on them – together with the nuts, roots, berries, seeds and toadstools that the women had gathered, and the fish and snails the children had caught in the river. Thousands of years later, romantics would announce that our forefathers lived from hunting, gorging themselves on woolly rhino and eland every day.

Agriculture and later the food industry and the refrigerator have led to drastic changes in our eating habits. Now we tend to eat all day long that's not how our ancestors ate in the Stone Age. They probably only ate during a limited number of hours each day.

An increasing number of scientific experiments suggest that our bodies are not designed for the modern eating pattern. In that modern eating pattern we don't eat for about 8 hours in a day. If you extend this period to 16 hours [C], you reduce the likelihood of developing diseases such as type-2 diabetes, Parkinson's and Alzheimer's disease. If you are already suffering from one of these then the symptoms are reduced by changing to a modified paleo-like eating pattern, if the animal studies are to be believed.

Periods of fasting give your cells a chance to repair and remove toxins. At the same time they also go over to burning fat, which delays the processing of aging and wear and tear, and prevents overweight.

## Live longer

While researchers like Mattson investigate the medical possibilities of intermittent fasting, fundamental anti-aging research continues on fruit flies, nematodes and mice. A few months ago an interesting article appeared in *Aging* [Aging (Albany NY). 2014 Aug;6(8):621-44.], which confirms Mattson's analysis.

In that study, microbiologists at the University of South Florida gave nematodes beta-hydroxy-butyrate [beta-HB], and observed that the creatures lived 20 percent longer as a result.

## Parkinson's

The researchers repeated the experiment with CL4176 nematodes that synthesized the protein alpha-synuclein. In people with Parkinson's a 'wrong' version of this protein accumulates in the brain cells, as a result of which they die. Supplementation with beta-hydroxy-butyrate reduced the accumulation of alpha-synuclein and extended the lifespan of the nematodes.

It is possible to buy supplements containing beta-hydroxy-butyrate, but you also synthesize the stuff yourself if you burn fats. Beta-hydroxy-butyrate is a ketone, and if you fast or follow a low-carb diet, the concentration of this increases. And an increased concentration of beta-hydroxy-butyrate in your brains results in a feeling of clarity and an upbeat mood.

Yet more conclusive research suggesting we do not need, nor were we designed to eat 5-6 small meals per day. On a personal note I have been experimenting with intermittent fasting for some time now only eating an average of 2 meals per day. I am still as strong, hold good muscle mass and maintain a low body fat percentage. On top of this I feel like I have better clarity of mind and general focus.

Source:

Proc Natl Acad Sci U S A. 2014 Nov 25;111(47):16647-







**FAT BURNING  
IS A SCIENCE  
NOT JUST  
GUESS WORK!**

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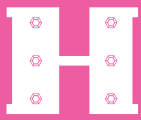
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## GOOD FATS FOR A HEALTHY HEART

**I**n recent years research has shown that simply reducing the amount of saturated fats in the diet does not reduce the risk of cardiovascular disease. However, research conducted at the University of Eastern Finland suggests that swapping foods high in saturated fats for those rich in polyunsaturated fatty acids may reduce the risk of coronary heart disease.

The researchers examined data concerning the dietary habits of 1,981 men aged between 42 and 60, which was obtained at the baseline of the Kuopio Ischaemic Heart Disease Risk Factor Study (KIHD) conducted between 1984 and 1989. During a follow-up of 21.4 years, 565 men were diagnosed with a coronary heart disease. Out of these, 183 were cardiac events resulting in the death of the patient.

The researchers then used computational replacement models to examine how the replacement of saturated fatty acids with other fatty acids or carbohydrates affected the risk of coronary heart disease.

Results showed that the consumption of polyunsaturated fatty acids was especially linked to reduced risk of dying of heart disease, regardless of whether they replaced saturated fats, trans fats, or carbohydrates in the diet. However, replacing saturated fats with carbohydrates had no effect on the risk of heart disease. Results also showed that the consumption of monounsaturated fatty acids was linked to a higher risk of heart disease. In conclusion, the findings suggest that eating foods rich in polyunsaturated

fats, such as fish, nuts, and vegetable oils, may help to reduce the risk of coronary heart disease.

Reference: Arterioscler Thromb Vasc Biol. 2014



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**PEOs** consist of parent omega-6 and parent omega-3. "Parent" means they are the whole form of the essential oil as it occurs in nature before it's broken down or built up into any of its components, which are called derivatives.

### Why are the parent forms - PEOs - so important?

Many of the EFAs sold in stores consist of manufactured EFA derivatives. Your body doesn't need or want many of these derivatives, because it makes its own derivatives out of the Parent Essential Oils (PEOs).

Our bodies cannot make **PEOs** they must come from our diet. Unfortunately most food processing destroys the all important oils often converting them into harmful trans fats.

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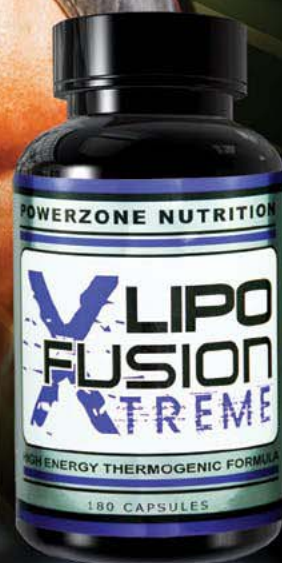
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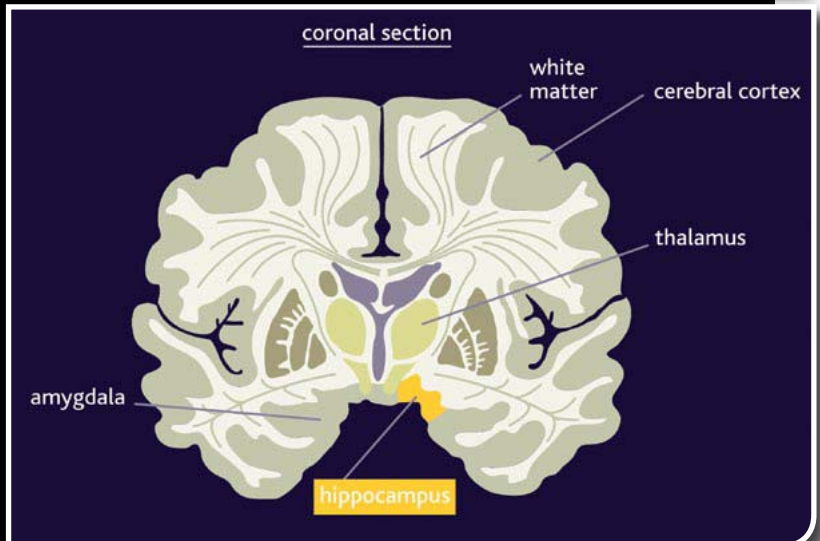


## EXERCISE TO KEEP BRAIN IN GOOD SHAPE

**W**hite matter tracts enable communication between areas of the brain, but like the rest of the body, they decline with age. However, research suggests that staying active may help to preserve the integrity of these tracts. Agnieszka Burzynska, a postdoctoral researcher at the University of Illinois, and colleagues used accelerometers to track physical activity in 88 healthy but "low-fit" participants aged 60 to 78.

Results showed that older adults who engaged more often in light physical activity had greater structural integrity in the white-matter tracts of the temporal lobes, which play a key role in memory, language, and the processing of visual and auditory information. Conversely, those who spent more time sitting had lower structural integrity in the white-matter tracts connecting the hippocampus.

"This relationship between the integrity of tracts connecting the hippocampus and sedentariness is significant even when we control for age, gender and aerobic fitness," said Burzynska. "It suggests that the physiological effect of sitting too much, even if you still exercise at the end of the day for half an hour, will have a detrimental effect on your brain."



Reference:  
Burzynska AZ, Chaddock-Heyman L, Voss MW, et al. Physical activity and cardiorespiratory fitness are beneficial for white matter in low-fit older adults. PLoS One. 2014 Sep 17;9(9):e107413.

## HATERS ONLY EXIST IF YOU LET THEM!

By Steve Jones

**W**ith the growing emergence of social media its common place to see the term "haters" when browsing through news feeds or Instagram pictures. The question is do haters really exist and can they cause harm?

First we need to determine what a hater really is. I guess that's fairly simple, someone that does not like something, or someone for no particular reason other than they hate it! Kind of a weird mind-set but who said the world was devoid of weird people!

So yes, these so called haters do exist in some shape or form but **ONLY** if you let them. The fact is folk with negative mind sets (haters if you like) are generally very troubled types. Their comments, posts or rants are usually a cry for attention. Yes, it's sad some folk would sooner get attention for being a bad person than a good one! Weird right? But very true.

So how do we deal with these haters? The easiest solution is to take the word out of your vocabulary. Delete it. Simply don't recognize the term because most with this mind set are fishing for a bite. When you or anyone else responds to a post or comment it fuels their fire.

Generally these trolls as they are called in the internet world live a very sheltered life, have diminished social

skills and are often referred to as keyboard warriors. In my mind I actually feel sorry for them because they are tortured by their own negativity. In fact one of the worst things anyone can do on social media is keep posting quotes about haters. By doing this you are putting a target on your back for the haters. You have admitted that you are vulnerable to their comments. Why bother.

If you are a positive, confident person the term "haters" has no place in your world. Eliminate the term and you eliminate them from your mind. Full stop.





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# 2015 PREMIERE NATURAL EVENT CALENDAR

**NATURAL**  
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## AUSTRALIAN NATURAL BODZ ASIA PACIFIC INTERNATIONAL

DATE	EVENT	STATE	PROMOTER/CONTACT
6 - 8 June 2015	<b>Asia Pacific International Bodybuilding, Figure, Physique and Fitness Model Championships</b>  Official Registration & Weigh in: Saturday 6th June (Mandatory for all Competitors)  Fitness, Bikini & Muscle Model Championships: Sunday 7th June Bodybuilding, Physique & Figure Championships: Monday 8th June <a href="http://www.anbasiapacific.com">www.anbasiapacific.com</a>	Gold Coast Queensland Australia	Steve Jones: 0414 751 924 Antonietta Jones: 0410 169 595  

[www.anbasiapacific.com](http://www.anbasiapacific.com) | [Facebook.com/anbasiapacific](https://www.facebook.com/anbasiapacific) | [Instagram.com/anbasiapacific](https://www.instagram.com/anbasiapacific)

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*figure*  
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DATE	EVENT	STATE	PROMOTER/CONTACT
19-20 June 2015	Musclemania Universe & Fitness Universe Weekend™	Florida USA	Steve & Antonietta Jones 0410 169 595
18-19th September 2015	Musclemania Australia, Figure, Bikini, Model & Physique Australia. <b>Musclemania World, Universe &amp; Pro Qualifier</b>	Gold Coast QLD, AU	Steve & Antonietta Jones 0410 169 595
19-21 Nov 2015	Musclemania World & Fitness America Weekend™	Las Vegas	Steve & Antonietta Jones 0410 169 595

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## NATURAL BODZ MAGAZINE PRESENTS THESE PREMIERE EVENTS IN 2015



Asia Pacific International Fitness Modeling Championships June 7 - Gold Coast



Asia Pacific International Bodybuilding and Figure Championships June 8 - Gold Coast



Musclemania Australia September 18-19 Gold Coast - Queensland



NATURAL BODZ MAGAZINE PRESENTS THE 2015

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TEAM VEGAS  
SELECTIONS



# ASIA PACIFIC INTERNATIONAL

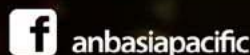
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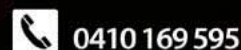
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# HIGH PROTEIN PUMPKIN PANCAKES

Low GI | High Protein | Low Carb | No Added Sugar | Gluten Free | Essential Vitamins

**P**ancakes are a favorite breakfast treat but all too often you find yourself hungry just a couple hours later since they generally lack protein and fiber.

You could normally combat that by making either adding oats or a little peanut or almond butter, that pack more of a nutritional punch with lots of added fiber and essential fats.

Pumpkin adds a tasty and fiber packed alternative to oats so I decided to adapt the recipe a bit and use pumpkin puree and spices. Pumpkin is packed full of nutrients including Vitamin A, B-6, Vitamin C and loaded with the vital mineral potassium.

## Ingredients

1 egg  
2 egg whites  
30gms Whey Protein Isolate  
1/4 cup pumpkin puree  
1/2 tsp. pumpkin pie spice  
2 packets Stevia

## Instructions

Whisk together all the ingredients.

Pour into a pan over medium high heat sprayed with olive oil cooking spray.

Cook until bubbles and edges are cooked through. Carefully flip (it may fall apart slightly, that's ok) and cooked on the other side.

Serve with more pumpkin, low fat yogurt, or no added sugar maple syrup.

Enjoy

**Servings:** 1

**Serving Size:** 1 large or 2 small pancakes

## Nutritional Info:

Calories 118  
Fat 4.8g  
Carbohydrates 6.4g  
Fiber 1.9g  
Protein 33.5g





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Finally a product that harnesses the power of two of the most talked about sport supplement ingredients of 2013 and combines them with four additional natural performance boosters to super charge your workouts to an entirely new dimension.

**D-aspartic acid** has been shown to play a vital role in the manufacturing of sperm cells and sex hormone production. Human studies have shown a significant increase in luteinizing hormone (LH), a messenger hormone that signals the testes to produce more testosterone, and a correlation to boosting testosterone levels in men when supplementing D-aspartic acid.

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## MELT AWAY STUBBORN FAT WITH CRYODIM

**BODCHUA Cosmeceuticals** have just released a new topical cream called **CRYODIM sculpting cream** that delivers active extracts through the skin to assist with the appearance of stubborn fat deposits that are often caused by localized estrogen deposits.

The skin is in fact the largest organ in the human body. It has the ability to uptake many nutrients that have low absorption rates when taken orally. **CRYODIM** takes advantage of the latest in cosmeceutical research into nutrient deliver. In fact it took scientists two years to finally fine tune and harness the **CRYODIM** formula so that it can target specific stubborn body fat that does not appear to budge no matter how much dieting or exercising you may do.

The key ingredients in **CRYODIM** are DIM, Chrysin and 7-Keto. The first two have substantial research showing positive effects on balancing estrogen levels. Estrogen is the female hormone that makes adipose tissue very resilient to exercise and diet.

Fatty estrogen deposits can often form around the nipples of men who have experimented with steroids.

Women often experience difficulty in shedding body fat from hips, butt and thighs. This is often due to estrogen deposits within fat cells.

The ingredients in **CRYODIM** target these stubborn areas with the most advanced cosmeceutical formula in the world.

### Visit the company website at:

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## STOP HAIR LOSS WITH BODCHUA HAIR GROWTH - SF

Balding may be caused by genetic disorders such as androgenetic alopecia, alopecia areata and so on. It can also be caused by hormonal imbalances, chemotherapy and some medications. There are many options available to people who suffer from balding which, as you can see from the following statistics, is a large portion of the population:

- 25% of men begin balding by age 30.
- As many as 50% of men are affected by male pattern baldness by the age of 50.
- By the age of 60 as many as two-thirds of men are showing signs of balding.

Bodchua Cosmeceuticals have released a product that provides bioengineered support delivering advanced nutraceuticals to your hair. The product is called Hair Growth - SF Advanced Hair Support Formula.

Adopting pure natural herbs extracts from China and using the latest in

biotechnology Hair Growth - SF is rapidly absorbed into the scalp where it can deliver the active ingredients to the root of the problem. Using the product continually can promote blood circulation, improving the integrity of the hair follicles, control hair loss, promote hair growth, thickening and improve overall hair quality.

By enhancing blood circulation to the scalp hair follicles and glands on scalp can be activated, the hair metabolism can be improved, the vital nutrients can be absorbed and the vitality of hair can be enhanced.

Bodchua Cosmeceuticals Hair Growth-SF comes in three 60ml bottles (3 months supply) in an easy, no mess, non staining spray that is

applied twice per day. If you are concerned about hair loss it's time to take action now with Hair Growth -SF Support Formula by Bodchua.

The product is available through Australian distributor Natural Bodz.

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## 2014 MUSCLEMANIA AUSTRALIA DVD SET

Relive the Excitement of Musclemania® Australia with this professionally produced DVD Disc Set.

This professionally produced 3 disc DVD set captures all the exciting categories from the 2014 Musclemania Australia Championships held on Queensland's Gold Coast!

Categories including Musclemania – Bodybuilding, Physique classes, Bikini Australia, Model Australia and Figure Australia.

Makes a perfect gift for those looking for inspiration or for those looking to compete in the 2015 Musclemania Australia event. They make the perfect gift for aspiring health and fitness enthusiasts.

The event DVD set is available for purchase through the Natural Bodz Online Store or call 0410 169 595 to purchase your copy.  
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## 2014 ANB ASIA PACIFIC EVENT DVD SETS

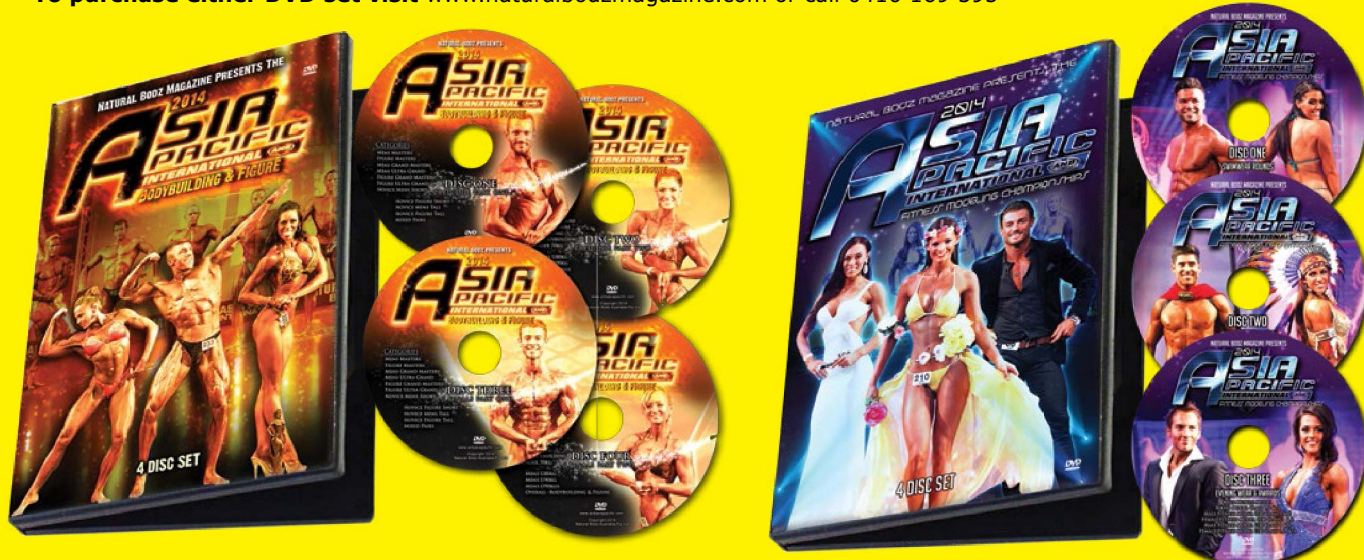
The **2014 ANB Asia Pacific Event DVD** sets are now available through Natural Bodz Online store.

The footage was captured at the 2014 ANB Asia Pacific Championships held on Queensland's Gold Coast. There are two disc sets available, the Physique and Figure event and the Fitness Model event.

Both disc sets feature multi disc DVD's capturing all the glitz, glamour and excitement of the ANB Asia Pacific Weekend. The Physique and Figure DVD Disc set includes prejudging, routines and finals. The Fitness Model Set includes all categories, rounds and award presentations. The event DVD sets are available for purchase through the new Natural Bodz Online shopping experience.

They make the perfect gift for aspiring health and fitness enthusiasts.

To purchase either DVD set visit [www.naturalbodzmagazine.com](http://www.naturalbodzmagazine.com) or call 0410 169 595







Images captured by  
Steve Jones at the  
2014 Fitness America™  
Weekend, Las Vegas.



Stunning Fitness Universe Bikini Pros Jacquii Alexander and Chanel Collette at the 2014 Fitness America™ Weekend Registration/Media Day.



We had to upgrade from the stretched limo to the stretched truck in 2014 to accommodate the growing Natural Bodz Australia Team!



Natural Bodz Team Vegas Members L-R Marinus Van Stolk, Rob Quatro, Kwame Duah and Billie Paea. Ready to take on the World.



The beautiful Kathryn Magnus and partner Andrew at the 2014 Fitness America Weekend™ Media day and registration in the fabulous Las Vegas.



Lance and Shannah Baker chilling out at the Las Vegas Hilton before the big event.



From L-R Ben "Abstacker" Handsaker, Taylor Kleinberg, Joshua Hohua and the one and only Fit Phil.



Two of Australia's finest Bikini Models L-R Samantha Symes and Katie Stevens.



Hot, hot, hot..... Some of the girls from the 2014 Natural Bodz Team L-R Shannah Baker, Samantha Symes, Kristine Brown, Fiona Buckley, Paige Barnes, Sarah Matoka, Dell Farrell, Kathryn Magnus, Kristina Angeli and Renee Brady.



Musclemania® Pro Simeon Panda strikes a pose for Natural Bodz at the 2014 Fitness America™ Weekend Media Day.





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The impressive physiques of Musclemenia® Pros Simeon Panda and Ulisses. Take the time to pose for Natural Bodz Magazine at the official Media Day at the Fitness America™ Weekend.



Ms Bikini Australia Sarah Matoka looks amazing just standing there holding a cup of Java. Amping up for the Big weekend.



Musclemenia Pro® Chul Soon looking buff beside two of our stunning Natural Bodz girls L - Katie Stevens and R- Samantha Symes.



Musclemenia® Pro Markus Rheinhart with Natural Bodz Editor Steve Jones at the Fitness America™ Weeked Media Day.



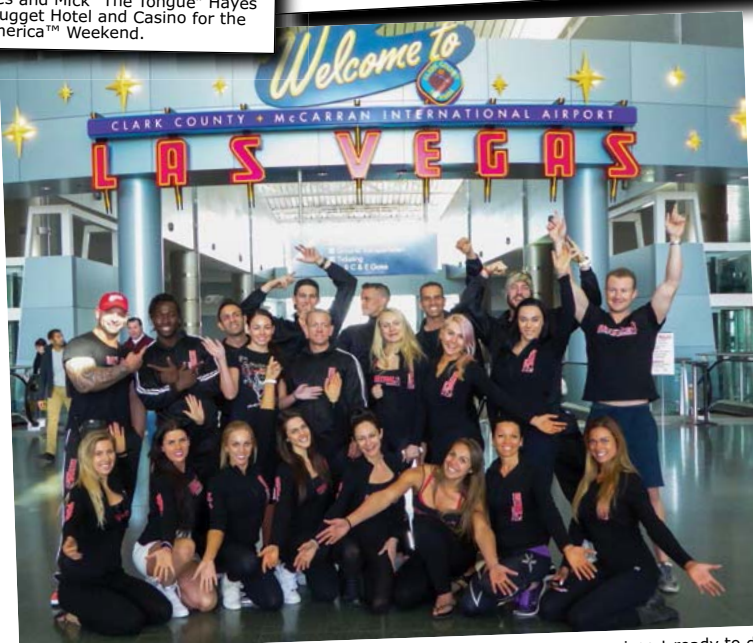
Samantha Symes and Mick "The Tongue" Hayes at the Golden Nugget Hotel and Casino for the 2014 Fitness America™ Weekend.



These lovely ladies are that hot you can see the heat waves coming off this photo. L-R Renee Brady, Katie Stevens and Alannah Wolff.



Go Pro or go home! Three of the best Musclemenia® Pros in the business L-R Ulisses, Dickens Lambert and Simeon Panda at the 2014 Fitness America™ Weekend Media Day.



The fabulous 2014 Natural Bodz Australia team touch down at Las Vegas airport ready to do business at the 2014 Fitness America™ Weekend, Musclemenia® World Championships.





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